

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

29 Jun 2026

### Comparison of the effect of resilience training and coping strategies on quality of work life and burnout of nurses working in acute wards

#### Protocol summary

##### Study aim

The effect of resilience training and coping strategies on quality of work life and burnout of nurses working in acute wards

##### Design

A control trial with a control group, with a factorial group, not blinded, randomized phase 3 on 96 patients, was used for block randomization.

##### Settings and conduct

Location: Acute ward of Imam Sajjad Hospital in Yasouj, The groups are randomly divided into two groups: control and intervention. The intervention group: The intervention is done theoretically and practically (workshop in ten sessions). Resilience training and coping skills training and in the control group pamphlet sessions. Available at the end of the intervention.

##### Participants/Inclusion and exclusion criteria

Log in: having a bachelor's degree, working in morning and evening shifts, having at least one year of work experience, working in Imam Sajjad Hospital. No entry: reluctance of the nurse to participate in the study, participate in training courses on coping strategies for resilience training in the last 6 months

##### Intervention groups

The intervention is done theoretically and practically in ten sessions. Resilience training Familiarity and relationship building, familiarity with the general framework of the discussion, familiarity with internal support factors, familiarity with external support factors, familiarity with ways to create resilience, emphasis on the importance of meaning To unchangeable problems. Teaching coping skills: Familiarity and relationship building, conceptualizing the interactive nature of stress, performing mental imaging technique, consequences of depression and relaxation training, relaxation training, cognitive reconstruction, cognitive reconstruction, self-employment replacement, social support, Browse homework. At the end of the educational content, a pamphlet will be provided to

the control group.

##### Main outcome variables

quality of life and burnout of nurses

#### General information

##### Reason for update

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT20210425051079N1**

Registration date: **2021-07-10, 1400/04/19**

Registration timing: **prospective**

Last update: **2021-07-10, 1400/04/19**

Update count: **0**

##### Registration date

2021-07-10, 1400/04/19

##### Registrant information

##### Name

Sajad Faghihi

##### Name of organization / entity

##### Country

Iran (Islamic Republic of)

##### Phone

+98 74 3333 7230

##### Email address

sajad.faghihi@yums.ac.ir

##### Recruitment status

**Recruitment complete**

##### Funding source

##### Expected recruitment start date

2021-07-21, 1400/04/30

##### Expected recruitment end date

2021-08-21, 1400/05/30

##### Actual recruitment start date

empty

##### Actual recruitment end date

empty

**Trial completion date**  
empty

**Scientific title**  
Comparison of the effect of resilience training and coping strategies on quality of work life and burnout of nurses working in acute wards

**Public title**  
The effect of resilience training and coping strategies on nurses' quality of work life and burnout

**Purpose**  
Education/Guidance

**Inclusion/Exclusion criteria**  
**Inclusion criteria:**  
Have a bachelor's degree or higher in nursing Being busy in the morning, evening and night shifts of the hospital Have at least one year of work experience Nurse working in Imam Sajjad Hospital  
**Exclusion criteria:**  
Reluctance of the nurse to participate in the study Participate in coping strategies training courses in the last 6 months Participate in resilience training courses in the last 6 months

**Age**  
No age limit

**Gender**  
Both

**Phase**  
3

**Groups that have been masked**  
*No information*

**Sample size**  
Target sample size: **96**

**Randomization (investigator's opinion)**  
Randomized

**Randomization description**  
The process of random allocation of blocks is performed in such a way that first by multiplying the number of studied groups (two groups) by 2, the number of samples of each block is calculated equal to 4, then by factorial calculation of the number of samples of each block, the number of resulting blocks Of all the arrangement modes of individuals, 24 blocks were calculated and the blocks involved the possible arrangement of individuals were considered as intervention group A and control group B.The number of people in each block was 4 and the sample size was 96 people.

**Blinding (investigator's opinion)**  
Not blinded

**Blinding description**

**Placebo**  
Not used

**Assignment**  
Parallel

**Other design features**

**Secondary Ids**  
empty

## Ethics committees

### 1

#### Ethics committee

**Name of ethics committee**

Ethics Committee of Yasuj University of Medical Sciences

**Street address**

Yasuj University of Medical Sciences , Motahari Blvd

**City**

Yasuj

**Province**

Kohgilouyeh-va-Boyerahmad

**Postal code**

7433337230

**Approval date**

2021-01-13, 1399/10/24

**Ethics committee reference number**

IR.YUMS.REC.1399.174

## Health conditions studied

### 1

**Description of health condition studied**

Burnout

**ICD-10 code**

Z73.0

**ICD-10 code description**

Burn-out

## Primary outcomes

### 1

**Description**

Burnout

**Timepoint**

Before intervention

**Method of measurement**

Occupational burnout questionnaire

### 2

**Description**

Coping strategies

**Timepoint**

Before and after the intervention

**Method of measurement**

Coping Strategies Questionnaire

## Secondary outcomes

empty

## Intervention groups

### 1

**Description**

Intervention group: The intervention is done theoretically

and practically (workshop in ten sessions). Resilience training (session 1: familiarity and relationship building, 2: familiarity with the general framework of the discussion, 3: familiarity with internal support factors, 4: familiarity with External Support Factors, Sessions 5 to 9: Familiarity with ways to create resilience, 10: Emphasis on the importance of giving meaning to irreversible problems. Coping skills training: 1: Familiarity and relationship building, 2: Conceptualizing the interactive nature of stress, 3: Implementation of mental imaging technique, 4: Consequences of depression and relaxation training, 5: Relaxation practice, 6: Cognitive reconstruction, 7: Cognitive reconstruction, 8: Replacement of self-employed people, 9: Social support, 10: Review of homework.

**Category**

Other

**2****Description**

Control group: The session pamphlet is made available to them at the end of the intervention.

**Category**

Other

**Recruitment centers****1****Recruitment center****Name of recruitment center**

Imam Sajjad Hospital

**Full name of responsible person**

Dr Mohammad Tahmasebi Sisakht

**Street address**

Yasouj University of Medical Sciences, Motahari Blvd

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**Sponsors / Funding sources****1****Sponsor****Name of organization / entity**

Yasouj University of Medical Sciences

**Full name of responsible person**

Dr Hossein Mari Aryad

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oryad.hossein@yums.ac.ir

**Grant name****Grant code / Reference number****Is the source of funding the same sponsor organization/entity?**

Yes

**Title of funding source**

Yasouj University of Medical Sciences

**Proportion provided by this source**

100

**Public or private sector**

Public

**Domestic or foreign origin**

Domestic

**Category of foreign source of funding**

empty

**Country of origin****Type of organization providing the funding**

Academic

**Person responsible for general inquiries****Contact****Name of organization / entity**

Yasouj University of Medical Sciences

**Full name of responsible person**

Khairallah Nourian

**Position**

Assistant Professor

**Latest degree**

Ph.D.

**Other areas of specialty/work**

Nursery

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**Person responsible for scientific inquiries****Contact****Name of organization / entity**

Yasouj University of Medical Sciences

**Full name of responsible person**

Sajad Faghihi

**Position**

Master student of psychiatric nursing

**Latest degree**

Bachelor

**Other areas of specialty/work**

Nursery

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**Person responsible for updating data****Contact****Name of organization / entity**

Yasouj University of Medical Sciences

**Full name of responsible person**

Sajad faghihi

**Position**

Master student of psychiatric nursing

**Latest degree**

Bachelor

**Other areas of specialty/work**

Nursery

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**Sharing plan****Deidentified Individual Participant Data Set (IPD)**

Undecided - It is not yet known if there will be a plan to make this available

**Study Protocol**

Undecided - It is not yet known if there will be a plan to make this available

**Statistical Analysis Plan**

Undecided - It is not yet known if there will be a plan to make this available

**Informed Consent Form**

Undecided - It is not yet known if there will be a plan to make this available

**Clinical Study Report**

Undecided - It is not yet known if there will be a plan to make this available

**Analytic Code**

Undecided - It is not yet known if there will be a plan to make this available

**Data Dictionary**

Undecided - It is not yet known if there will be a plan to make this available