

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

03 Aug 2026

### The effect of performing mindfulness-based intervention on mental workload of nurses

#### Protocol summary

##### Study aim

Determining the effect of performing mindfulness-based intervention on the mental workload of nurses working in Ghaem Hospital in Firoozabad in 2021 Community  
Verified icon

##### Design

A randomized, single-blind, randomized controlled clinical trial was performed on 52 nurses working in the emergency and special wards. Random allocation is based on the random allocation software table.

##### Settings and conduct

for the intervention group, the Mindfulness Program runs for eight 2-hour sessions over two months. The location is Ghaem Firoozabad Hospital. The study is one-sided and the statistical analyzer has no knowledge of the intervention and control group.

##### Participants/Inclusion and exclusion criteria

Inclusion criteria: having at least a bachelor's degree in nursing, having at least 6 months of experience in special and emergency departments, not suffering from anxiety and depression as confirmed by your report, and not taking anti-anxiety and anti-psychotic drugs  
Exclusion criteria will be unwillingness to continue the research, unexcused absence from more than 2 sessions of class, sudden death of relatives, divorce, incurable diseases in individuals or their relatives due to high psychological stress and the possibility of disruption of research results.

##### Intervention groups

First, both intervention and control groups complete the NASA Mind Load Questionnaire, and then For the intervention group, the mindfulness program is implemented in eight 2-hour sessions over two months. During the sessions, mindfulness techniques such as seeing, hearing, body scanning, breathing and walking are taught in mindfulness. There is no intervention in the control group and in the end, the workload of the mind is compared in the intervention and control groups.

#### Main outcome variables

mental workload

#### General information

##### Reason for update

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT20210827052298N1**

Registration date: **2021-09-16, 1400/06/25**

Registration timing: **prospective**

Last update: **2021-09-16, 1400/06/25**

Update count: **0**

##### Registration date

2021-09-16, 1400/06/25

##### Registrant information

##### Name

Maryam Keshavarz

##### Name of organization / entity

##### Country

Iran (Islamic Republic of)

##### Phone

+98 71 3872 4239

##### Email address

maryam.keshavarz@jums.ac.ir

##### Recruitment status

**Recruitment complete**

##### Funding source

##### Expected recruitment start date

2021-10-23, 1400/08/01

##### Expected recruitment end date

2021-10-30, 1400/08/08

##### Actual recruitment start date

empty

##### Actual recruitment end date

empty

**Trial completion date**

empty

**Scientific title**

The effect of performing mindfulness-based intervention on mental workload of nurses

**Public title**

The effect of performing mindfulness-based intervention on mental workload of nurses

**Purpose**

Education/Guidance

**Inclusion/Exclusion criteria****Inclusion criteria:**

Have at least a bachelor's degree in nursing Have at least 6 months of experience in special and emergency departments

**Exclusion criteria:**

Lack of recent suffering from anxiety and depression as confirmed by your report Do not take anti-anxiety and anti-psychotic drugs

**Age**

From **24 years** old

**Gender**

Both

**Phase**

N/A

**Groups that have been masked**

- Data analyser

**Sample size**

Target sample size: **52**

**Randomization (investigator's opinion)**

Randomized

**Randomization description**

Sampling of employed nurses was simple random. The list of employed nurses was taken from the recruitment and nursing office of the hospital and based on the inclusion criteria Each nurse was given a code to announce their readiness. These numbers were randomly selected using Excel software And randomly generated data were selected This code was written on a card and placed inside the box, then the cards were taken out one by one And nurses were divided into intervention and control groups by Using random allocation software. Software address: SAGHAEI,M.2004.Random allocation software for parallel group randomized trials. BMC Medical research methodology,4,26.

**Blinding (investigator's opinion)**

Single blinded

**Blinding description**

The study is one-sided so that the statistical analyzer does not know the control and intervention groups.

**Placebo**

Not used

**Assignment**

Other

**Other design features**

Participants are divided into two groups of intervention and control. The intervention group receives mindfulness intervention and the control group does not receive until the effect of mindfulness intervention is measured at the

end.

**Secondary Ids**

empty

**Ethics committees****1****Ethics committee****Name of ethics committee**

Jahrom University of Medical Sciences

**Street address**

Shahid Motahari Blvd., Medical University St.

**City**

jahrom

**Province**

Fars

**Postal code**

74148-46199

**Approval date**

2021-08-23, 1400/06/01

**Ethics committee reference number**

IR.JUMS.REC.1400.032

**Health conditions studied****1****Description of health condition studied**

mental workload

**ICD-10 code****ICD-10 code description****Primary outcomes****1****Description**

mental workload

**Timepoint**

The beginning of the study and two months after the intervention

**Method of measurement**

National aeronautics and space administration (NASA-TLX)

**Secondary outcomes**

empty

**Intervention groups****1****Description**

intervention group, the Mindfulness program is implemented in eight 2-hour sessions over two months.mindfulnessIt was first employed at the University of Massachusetts by John Cobb Zayn.Mindfulness is a standardized meditation program

that emerged in 1979 from an attempt to integrate Buddhist mindfulness meditation with contemporary psychological and clinical practice. During the sessions, mindfulness techniques such as seeing, hearing, body scanning, breathing and walking are taught in mindfulness. Mindfulness is actually an exercise in peace of mind with the presence of the mind, and participants are trained to be aware of their state at all times, and whenever the mind wanders in thoughts or fantasies and memories, regardless of its content, return their attention to the present. Before mindfulness happens to us, we are already conditioned to react to life events and happenings, but after mindfulness happens to us, we become more alert and aware of current events and life is more complex now, and our responses to stimuli and life events will be wiser and more effective. For example Body scan: When lying down or sitting on a chair, people close their eyes and are asked to focus their attention on the parts of their body, usually starting from one foot and guided to the rest of the body and being taught emotions. Different to look at it with curiosity and think. Homework: For homework, participants are asked to do daily tasks with mindfulness technique and Practice mindfulness techniques at home

#### Category

Lifestyle

## 2

#### Description

Control group: There is no intervention for the control group and it is considered for comparison with the intervention group. At the end of the research, in order to observe ethics, if the mindfulness intervention is effective, we will also perform the intervention for the control group.

#### Category

Lifestyle

## Recruitment centers

## 1

#### Recruitment center

##### Name of recruitment center

Ghaem Firoozabad Hospital

##### Full name of responsible person

Maryam Keshavarz

##### Street address

Pasdar Boulevard, Ghaem Firoozabad Hospital

##### City

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##### Province

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##### Phone

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##### Email

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## Sponsors / Funding sources

## 1

#### Sponsor

##### Name of organization / entity

Jahrom University of Medical Sciences

##### Full name of responsible person

Vice President for Research and Technology Dr. Solhjoo

##### Street address

Ostad Motahhari St. - after the School of Nursing - Jahrom University of Medical Sciences - Pardis website

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Centlib@jums.ac.ir

#### Grant name

#### Grant code / Reference number

#### Is the source of funding the same sponsor organization/entity?

Yes

#### Title of funding source

Jahrom 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

Jahrom University of Medical Sciences

##### Full name of responsible person

Maryam Keshavarz

##### Position

Student

##### Latest degree

Bachelor

##### Other areas of specialty/work

Nursery

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## Person responsible for scientific inquiries

### Contact

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## Person responsible for updating data

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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