

Clinical Trial Protocol

Iranian Registry of Clinical Trials

10 Jun 2026

Comparison of the effectiveness of time management and resilience training on work- family conflict and psychological distress of female nurses

Protocol summary

Study aim

Determining the effectiveness of time management and resilience training on family work conflict and psychological distress of female nurses

Design

Three arm parallel group randomized trial without blinded will be conducted on 198 nurses (66nurse in each group). Randomization will be done with SPSS soft ware.

Settings and conduct

Participants will be nurses and nurse assistance from all hospitals in Bushehr province. Participants will be randomly divided into three groups. One group will be instructed time management and the other resilience and there will be no intervention for the third group. Educational intervention will be virtual (Online).

Participants/Inclusion and exclusion criteria

Inclusion criteria: Female nurse working in clinical wards; living with a spouse; At least 6 months of nursing experience; Score higher than the middle of the work-family conflict questionnaire. Exclusion criteria: Taking any type of neuroleptics according to the individual; Having a mental illness under the supervision of a psychiatrist on a self-reported basis; Having a stressful event in the last six months

Intervention groups

In the initial of study, 3 groups complete the work family conflict and psychological distress. Among the 2 intervention groups, one group will be instructed time management and another resilience. The control group dose not receive any instruction. After end of the instruction and one month later three groups will complete family conflict and psychological distress questionnaires.

Main outcome variables

Family work conflict; Psychological distress

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20190122042453N2**

Registration date: **2022-01-27, 1400/11/07**

Registration timing: **registered_while_recruiting**

Last update: **2022-01-27, 1400/11/07**

Update count: **0**

Registration date

2022-01-27, 1400/11/07

Registrant information

Name

Razieh Bagherzadeh

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 77 3345 0187

Email address

r.bagherzadeh@bpums.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2022-01-21, 1400/11/01

Expected recruitment end date

2022-04-21, 1401/02/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Comparison of the effectiveness of time management and resilience training on work- family conflict and psychological distress of female nurses

Public title

Effectiveness of time management and resilience training on work- family conflict and psychological distress

Purpose

Education/Guidance

Inclusion/Exclusion criteria

Inclusion criteria:

Female nurse working in clinical wards of all hospitals of Bushehr University of Medical Sciences Married and living with a spouse At least 6 months of nursing experience Complete desire and satisfaction to participate in the study Score higher than the middle of the work-family conflict questionnaire

Exclusion criteria:

Participation in time management or resilience workshops in the past Taking any type of neuroleptics according to the individual Taking any type of neuroleptics according to the individual Transfer of nurse to non-nursing ward Transfer the nurse to a city outside the province Having a stressful event (such as the death of a loved one, a serious illness in a very close relative, etc.) in the last six months

Age

No age limit

Gender

Female

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: 198

Randomization (investigator's opinion)

Randomized

Randomization description

Participants will be randomly (simple randomization) divided into three groups. SPSS software will be used for randomization.

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

کمیته اخلاق دانشگاه علوم پزشکی بوشهر

Street address

pardis site of Bushehr university of medical sciences, Rishahr st, Bushehr, Iran

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Approval date

2021-07-18, 1400/04/27

Ethics committee reference number

IR.BPUMS.REC.1400.071

Health conditions studied

1

Description of health condition studied

Work-Family Conflict

ICD-10 code

Z56.7

ICD-10 code description

Other and unspecified problems related to employment

2

Description of health condition studied

Psychological distress

ICD-10 code

Z56.6

ICD-10 code description

Other physical and mental strain related to work

Primary outcomes

1

Description

Work-Family Conflict

Timepoint

Before the intervention and immediately after completing the intervention and one month later

Method of measurement

Work-family conflict of married women questionnaire (Bagherzadeh. 2016) will be used.

Secondary outcomes

1

Description

Psychological distress

Timepoint

Before the intervention and immediately after completing the intervention and one month later

Method of measurement

Psychological distress questionnaire (Kessler K-10 psychiatric) will be used.

Intervention groups

1

Description

Resilience training group (intervention 1): Before the intervention the pretest will be given (work- family conflict and psychological distress questionnaires will be completed) then 8 virtual session of resilience education will be held. After intervention and a month later work- family conflict and psychological distress questionnaires will be completed again.

Category

Behavior

2

Description

Time management training group:(intervention 2): Before the intervention, the pretest will be given (work- family conflict and psychological distress questionnaires will be completed) then 8 virtual session of time management education will be held. After intervention and a month later work- family conflict and psychological distress questionnaires will be completed again.

Category

Behavior

3

Description

Control group: No intervention is performed. Questionnaires are completed in parallel with the two intervention groups

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center

All hospitals of Bushehr University of Medical Sciences

Full name of responsible person

Razieh Bagherzadeh

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Boushehr University of Medical Sciences

Full name of responsible person

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Grant name

Grant code / Reference number

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

Yes

Title of funding source

Boushehr 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

Boushehr University of Medical Sciences

Full name of responsible person

Razieh Bagherzadeh

Position

Associated Professor

Latest degree

Ph.D.

Other areas of specialty/work

Reproductive Health

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Person responsible for scientific inquiries

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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