

Clinical Trial Protocol

Iranian Registry of Clinical Trials

16 Sep 2026

Design and Evaluation of job stress management training program based on PRECEDE-PROCEED model to decrease job stress and promote safe behaviours in petrochemical company workers

Protocol summary

Study aim

In this research, a job stress management training program based on precede proceed model to reduce job stress and promote safe behaviors of Nouri Petrochemical workers in Iran will be designed and its impact will be investigated. .

Design

A controlled clinical trial with parallel, randomized groups on 94 petrochemical workers. Participants are divided into two groups using noitacolla modnaR software statistical software.

Settings and conduct

The statistical population and environment of this study are the workers of Nouri Petrochemical Company in Assaluyeh, Bushehr province, Iran. The educational content of the intervention will be determined based on the needs assessment of the previous phases of the study.

Participants/Inclusion and exclusion criteria

Inclusion criteria: Confirmation of written consent form to participate in the study. High score of job stress. Operational workers. Exclusion criteria: Reluctance to participate in further study at any stage of the intervention. History of addiction. BMI above 30. Diseases and taking drugs affecting the level of cortisol hormone.

Intervention groups

Intervention group: Workers through educational interventions designed based on previous needs assessment, directly through active training methods and engagement of workers such as group discussion, role play, modeling, problem solving and, if necessary, indirectly through Design an educational (multimedia) software to see vision. The control group will not receive the intervention.

Main outcome variables

"Job stress" "Safe Behavior"

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20210817052213N1**

Registration date: **2021-11-13, 1400/08/22**

Registration timing: **prospective**

Last update: **2021-11-13, 1400/08/22**

Update count: **0**

Registration date

2021-11-13, 1400/08/22

Registrant information

Name

somaye zaeri

Name of organization / entity

The University of Tarbiat Modares

Country

Iran (Islamic Republic of)

Phone

+98 21 82880

Email address

somaye.zaeri@modares.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2022-04-21, 1401/02/01

Expected recruitment end date

2023-04-21, 1402/02/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title
Design and Evaluation of job stress management training program based on PRECEDE-PROCEED model to decrease job stress and promote safe behaviours in petrochemical company workers

Public title
Investigate the effectiveness of job stress management training program on promote safe behaviours in workers

Purpose
Prevention

Inclusion/Exclusion criteria
Inclusion criteria:
Confirmation of written consent form to participate in the study
High score of job stress
Operational workers
Exclusion criteria:
Reluctance to participate in further study at any stage of the intervention
History of addiction
BMI above 30 -
Diseases and drugs affecting the level of cortisol hormone

Age
No age limit

Gender
Male

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **94**

Randomization (investigator's opinion)
Randomized

Randomization description
Simple randomization
Participants are divided into two groups using noitacolla modnaRsoftware statistical software.

Blinding (investigator's opinion)
Not blinded

Blinding description

Placebo
Not used

Assignment
Parallel

Other design features
A controlled clinical trial with parallel, randomized groups on 94 petrochemical workers. Participants are divided into two groups using noitacolla modnaR software statistical software.

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee
Tarbiat Modares University

Street address

No. 7, Jalal Al Ahmad Street., Tarbiat Modares University

City

Tehran

Province

Tehran

Postal code

14115111

Approval date

2021-09-25, 1400/07/03

Ethics committee reference number

: IR.MODARES.REC. 1400. 155

Health conditions studied

1

Description of health condition studied

Occupational Stress

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description

Job stress score of the designed questionnaire based on the qualitative stage

Timepoint

Comparability between the two groups will be assessed in three time stages including: baseline, immediately and 6 months after the intervention.

Method of measurement

We will distribute a survey which will be designed by the researcher based on the information obtained from the qualitative stage among petrochemical workers and the workers' blood cortisol will be measured as a physiological indicator of stress.

Secondary outcomes

1

Description

Safe Behavior Score in Safety Performance Questionnaire

Timepoint

Comparability between the two groups will be assessed in three time stages including: baseline, immediately and 6 months after the intervention.

Method of measurement

Neil & Griffin Eight-item scale of Safety Performance 2006

Intervention groups

1

Description

Intervention group: Workers through educational

interventions designed based on previous needs assessment, directly through active training methods and engagement of workers such as group discussion, role play, modeling, problem solving and, if necessary, indirectly through Design an educational (multimedia) software to see vision.

Category

Prevention

2

Description

Control group: The control group will not receive the intervention.

Category

Prevention

Recruitment centers

1

Recruitment center

Name of recruitment center

The National Petrochemical Company

Full name of responsible person

Davood Emadi

Street address

No. 144, North Sheikh Bahaie Ave, Molla Sadra St

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1993834557

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d.emadi@nipc.ir

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

The National Petrochemical Company

Full name of responsible person

Davood Emadi

Street address

No. 144, North Sheikh Bahaie Ave., Molla Sadra St

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Postal code

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Phone

+98 21 8499 2663

Email

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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

The National Petrochemical Company

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

Industry

Person responsible for general inquiries

Contact

Name of organization / entity

Tarbiat Modares University

Full name of responsible person

Somaye zaeri

Position

Ph.D candidate

Latest degree

Master

Other areas of specialty/work

Health promotion

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Person responsible for scientific inquiries

Contact

Name of organization / entity

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Full name of responsible person

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Position

Ph.D candidate

Latest degree

Master

Other areas of specialty/work

Health promotion

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Person responsible for updating data

Contact

Name of organization / entity
Tarbiat Modares University
Full name of responsible person
Somaye zaeri
Position
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Latest degree
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Other areas of specialty/work
Health Promotion
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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

Yes - There is a plan to make this available

Statistical Analysis Plan

Yes - There is a plan to make this available

Informed Consent Form

Yes - There is a plan to make this available

Clinical Study Report

Yes - There is a plan to make this available

Analytic Code

Yes - There is a plan to make this available

Data Dictionary

Not applicable

Title and more details about the data/document

The release of information about participants is subject to the permission of the study sponsoring organization, which is consulting and deciding on the matter. If allowed, all data can potentially be shared after people are not identified.

When the data will become available and for how long

The start of the data access period will be 6 months after the results are printed.

To whom data/document is available

In the event of a decision to publish data, data or other documents will be available to researchers working in academic and scientific institutions and industry professionals.

Under which criteria data/document could be used

Educational and research use is unrestricted and refer to the present study if you use data or other documents with following the principles of scientific ethics.

From where data/document is obtainable

Corresponding Author: Dr. Fazlollah Ghofranipour
ghofranf@modares.ac.ir

What processes are involved for a request to access data/document

One week after sending the request by email, required actions will be taken.

Comments