

Clinical Trial Protocol

Iranian Registry of Clinical Trials

19 Jun 2026

To assess the efficacy of teaching and training techniques to improve the resilience of nurses in the COVID-19 pandemic

Protocol summary

Study aim

To assess the efficacy of teaching and training techniques to improve the resilience of nurses in the COVID-19 pandemic in Mashhad (including online sessions of the Anticipate-Plan-Deter method and Psychological First Aid training sessions).

Design

A non-randomized clinical trial, without a control group, not blinded on 80 nurses, with before-and-after intervention evaluation

Settings and conduct

This study will be performed in the Ibn-Sina psychiatric hospital under the supervision of the Psychiatric Research and Behavioral Sciences Center of Ibn-Sina psychiatric hospital in Mashhad. Recruitment will be done through advertising online, and the invitation and information about the time and the date will be sent to the university emails of the nurses. This study will not have a control group. And will not be blinded. Training sessions will be held online for three consecutive days, for 75 minutes each day. In each session, a psychiatric resident, under the supervision of a psychiatry faculty member, will present the material, while showing the relevant slides. Evaluation will be done through questionnaires before-and-after the intervention.

Participants/Inclusion and exclusion criteria

Inclusion criteria: Nurses involved in caring for the patients with COVID-19 Informed consent to participate in the study Exclusion criteria: Announcing the presence of the major psychiatric problems in the demographic questionnaire (major depression, bipolar disorder, schizophrenia)

Intervention groups

Resilience skills programs including the Anticipate-Plan-Deter program and the Psychological First Aid will be taught in three virtual training sessions for the nurses.

Main outcome variables

Resilience, Corona virus-related anxiety, emotional processing

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20211105052971N1**

Registration date: **2022-02-04, 1400/11/15**

Registration timing: **prospective**

Last update: **2022-02-04, 1400/11/15**

Update count: **0**

Registration date

2022-02-04, 1400/11/15

Registrant information

Name

Nasim Kamalahmadi

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 51 3833 7546

Email address

nasim.k.ahmadi@gmail.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2022-02-09, 1400/11/20

Expected recruitment end date

2022-03-21, 1401/01/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

To assess the efficacy of teaching and training techniques to improve the resilience of nurses in the COVID-19 pandemic

Public title

Effect of training sessions on the nurses' resilience

Purpose

Education/Guidance

Inclusion/Exclusion criteria**Inclusion criteria:**

Nurses involved in caring for the patients with COVID-19
Informed consent to participate in the study

Exclusion criteria:

Announcement of the presence of the major psychiatric problems in the demographic questionnaire (major depression, bipolar disorder, schizophrenia)

Age

No age limit

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: 80

Randomization (investigator's opinion)

N/A

Randomization description**Blinding (investigator's opinion)**

Not blinded

Blinding description**Placebo**

Not used

Assignment

Single

Other design features

In this study, three sessions of resilience skills training will conduct as virtual and online lectures.

Secondary Ids

empty

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

Ethics Committee of School of Medicine- Mashhad
University of Medical Sciences

Street address

Ethics Committee of School of Medicine, Mashhad
University of Medical Sciences, Ghorashi Building,
next to Hoveyzeh Cinema, Daneshgah St., Mashhad

City

Mashhad

Province

Razavi Khorasan

Postal code

9138813944

Approval date

2021-09-21, 1400/06/30

Ethics committee reference number

IR.MUMS.MEDICAL.REC.1400.435

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

Burn out, COVID-19, Anxiety, Resilience, Psychological,
Health Personnel, Education, emotional intelligence

ICD-10 code

Z73.0

ICD-10 code description

Burn out, State of vital exhaustion,

Primary outcomes**1****Description**

Resilience score in Connor-Davidson Resilience Scale
(CD-RISC)

Timepoint

Resilience score in Connor-Davidson Resilience Scale
(CD-RISC), at the beginning of the study (before the start
of the first training session), and then one week after the
third training session (i.e. one month after the first
questionnaire)

Method of measurement

Online assessment of Connor-Davidson Resilience Scale
(CD-RISC)

Secondary outcomes**1****Description**

Score of Coronavirus related anxiety

Timepoint

At the beginning of the study (before the start of the first
training session) and then one week after the third
training session (i.e. one month after the first
questionnaire)

Method of measurement

Online assessment of Coronavirus Anxiety Scale

2**Description**

The score of Emotional Processing Scale

Timepoint

At the beginning of the study (before the start of the first
training session) and then one week after the third
training session (i.e. one month after the first
questionnaire)

Method of measurement

Online assessment of the Baker Emotional Processing
Scale

Intervention groups

1

Description

Intervention group: Three training sessions will be held online for three consecutive weeks, each day for 75 minutes. In each session, a psychiatric assistant, under the supervision of the psychiatry faculty member, will present the material, while showing the relevant slides. During the sessions, exercises related to the content of each session will be performed by the participants, and a picture of it will be sent virtually to the course instructor. Content of the sessions: Session 1: The psychological effects of the Corona crisis on the healthcare workers and the concept and importance of resilience and burnout will be explained. Then one of the methods to promote resilience will be introduced Anticipate-Plan-Deter method. Session 2: The Anticipate-Plan-Deter method will be taught. Session 3: The Psychological First Aid will be taught thoroughly in-depth.

Category

Behavior

Recruitment centers

1

Recruitment center

Name of recruitment center

Ebn'e Sina psychiatric hospital, Psychiatry and Behavioral Sciences Research Center

Full name of responsible person

Nasim Kamalahmadi

Street address

Ebn'e Sina psychiatric hospital, Horr Ameli Blvd, Mashhad, Razavi Khorasan

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Web page address

<https://sina.mums.ac.ir/>

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Mashhad University of Medical Sciences

Full name of responsible person

Majid Ghayour Mobarhan

Street address

Knowledge and Health City , In the end of Shahid Fakouri Blvd (In front of Fakouri 94) , Mashhad , Iran

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Email

Info.en@mums.ac.ir

Web page address

<https://www.mums.ac.ir/>

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Mashhad 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

Mashhad University of Medical Sciences

Full name of responsible person

Nasim Kamalahmadi

Position

Psychiatrics Resident

Latest degree

Medical doctor

Other areas of specialty/work

Psychiatrics

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Person responsible for scientific inquiries

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Name of organization / entity

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Nasim Kamalahmadi

Position

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Latest degree

Medical doctor

Other areas of specialty/work

Psychiatrics

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Person responsible for updating data

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Name of organization / entity

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Full name of responsible person

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Position

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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