

Clinical Trial Protocol

Iranian Registry of Clinical Trials

28 Jun 2026

Investigating the effect of narrative writing on job stress of nurses working in intensive care units

Protocol summary

Study aim

Investigating the effect of narrative writing on job stress of nurses working in intensive care units

Design

Clinical trial with control group, with parallel groups, without blinding, randomized on 66 nurses. Minimization software will be used for randomization.

Settings and conduct

This study will be performed on nurses working in the general intensive care units of Al-Zahra, Khorshid, Kashani and Amin hospitals in Isfahan. First, job stress of control group nurses will be measured at the beginning of the study and one month and two months later. Then, job stress of nurses in the test group will be measured before the intervention and one month and two months later.

Participants/Inclusion and exclusion criteria

Nurses who have at least a bachelor's degree in nursing, have worked in the ICU for at least the last 6 months, do not have managerial roles, and do not have psychiatric disorders.

Intervention groups

First, the level of job stress of nurses in the control group will be assessed at the beginning and after one month and two months later with an expanded questionnaire of the Nursing Stress Scale. The test group then fills out a questionnaire. The test group will then be taught the correct method of narrative writing and a white booklet will be given to the test group to express their feelings in this booklet and at home, at least once a week for 15 to 30 minutes each time for a month. Then, the level of job stress of the nurses in the experimental group will be reviewed again after one month and two months later. In order to the control group benefit from the research, all interventions that have been done for the experimental group will be done in the same way for the control group after the end of the study.

Main outcome variables

Stress score in Expanded Nursing Stress Scale (ENSS)

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20211207053324N1**

Registration date: **2022-01-11, 1400/10/21**

Registration timing: **prospective**

Last update: **2022-01-11, 1400/10/21**

Update count: **0**

Registration date

2022-01-11, 1400/10/21

Registrant information

Name

marzieh sadat jafari

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 31 3557 1320

Email address

jafari1991@nm.mui.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2022-01-21, 1400/11/01

Expected recruitment end date

2022-05-22, 1401/03/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Investigating the effect of narrative writing on job stress of nurses working in intensive care units

Public title

Investigating the effect of narrative writing on job stress of nurses in intensive units

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria:

Nurses who have at least a bachelor's degree in nursing
Nurses who have been working in the ICU for at least the last 6 months

Exclusion criteria:

Nurses who have managerial roles
Nurses who have experienced traumatic stress in the last 6 months
Nurses with psychological disorders
Nurses under psychiatric treatment
Nurses who have used medication related to psychiatric disorders in the past 6 months

Age

No age limit

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: 66

Randomization (investigator's opinion)

Randomized

Randomization description

Samples are randomly divided into two groups of test and control using minimization software. The minimization software divides the samples into groups in such a way that there is at least a difference between them. Variables to be included in the software include age, gender, marital status, pregnancy, number of children, home care for the elderly, level of education, employment status, shift work, number of night shifts per month, number of shifts during the holidays, nurse ratio To the patient, Work experience, ICU work experience, employment in another hospital, overtime hours, history of chronic illness, job interest, body mass index and income level.

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

Research Ethics Committee of Nursing, Rehabilitation and Management schools- Isfahan University of m

Street address

Hezar Jerib St., Isfahan University of Medical Sciences and Health Services, Headquarters

City

Isfahan

Province

Isfahan

Postal code

8174673461

Approval date

2021-10-30, 1400/08/08

Ethics committee reference number

IR.MUI.NUREMA.REC.1400.170

Health conditions studied

1

Description of health condition studied

Nurses' job stress

ICD-10 code

R46.6

ICD-10 code description

Undue concern and preoccupation with stressful events

Primary outcomes

1

Description

Stress score in Expanded Nursing Stress Scale (ENSS)

Timepoint

At the beginning of the study and 1 and 2 months after the start of the study

Method of measurement

Expanded Nursing Stress Scale (ENSS)

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: The intervention group first fills out the expanded Nursing Stress Scale questionnaire. After that, this group will be taught the correct method of narrative writing by holding a continuing education program called "Narrative Writing Webinar". In this webinar, various hypothetical scenarios of stressful conditions for nurses working in intensive care units are presented. The first scenario shows the example of narrative writing in practice and in the next scenarios, the intervention group practices narrative writing. The

researcher then provides the intervention group with a white notebook and asks them to write down their feelings in this notebook at home, in a secluded room. In the first few pages of this notebook, guidance for narrative writing is provided. This guide includes job stress definition, narrative writing definition, narrative writing instructions, and examples of this type of writing. At least once a week for a month, 15 to 30 minutes at a time, people freely express their feelings about the deepest stressful experiences, the most difficult moments and behaviors in the intensive care unit. After one month, they deliver the notebook to the researcher. Individuals are reassured that only the pages of the notebook will be seen at the time of delivery and the notebook will be returned to them without reading the content. Immediately after the intervention and one month later, the expanded Nursing Stress Scale questionnaire will be completed by the intervention group Again.

Category

Behavior

2

Description

Control group: Using the expanded questionnaire of the Nursing Stress Scale, the level of job stress of nurses in the control group is assessed at the beginning of the study and after one month and two months later. In order to the control group benefit from the research after the study, the webinar on narrative writing for the control group is also conducted.

Category

Behavior

Recruitment centers

1

Recruitment center

Name of recruitment center

Al-Zahra Hospital

Full name of responsible person

Mehrdad Norouzi

Street address

Sofe Boulevard

City

Isfahan

Province

Isfahan

Postal code

8174675731

Phone

+98 31 3620 2020

Fax

+98 31 3669 1510

Email

alzahra@mui.ac.ir

Web page address

<http://alzahra.mui.ac.ir>

2

Recruitment center

Name of recruitment center

Amin hospital

Full name of responsible person

Hamid Melali

Street address

Ebne Sina Street

City

Isfahan

Province

Isfahan

Postal code

8148653141

Phone

+98 31 3112 2020

Fax

+98 31 3445 9002

Email

amin@mui.ac.ir

Web page address

<https://amin.mui.ac.ir/>

3

Recruitment center

Name of recruitment center

Kashani hospital

Full name of responsible person

Saeed Majidi Nejad

Street address

Kashani Street

City

Isfahan

Province

Isfahan

Postal code

8183983434

Phone

+98 31 3233 0091

Fax

+98 31 3233 5030

Email

kashani@mui.ac.ir

Web page address

<https://kashani.mui.ac.ir/>

4

Recruitment center

Name of recruitment center

Khorshid hospital

Full name of responsible person

Ramin Sami

Street address

Ostandari street

City

Isfahan

Province

Isfahan

Postal code

8145831451

Phone
+98 31 3222 2127
Fax
+98 31 3222 2255
Email
nour@mui.ac.ir
Web page address
<https://nour.mui.ac.ir/>

Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Esfahan University of Medical Sciences
Full name of responsible person
Mansour Siavash Dastjerdi
Street address
Hezar jerib street
City
Isfahan
Province
Isfahan
Postal code
8174673461
Phone
+98 31 3668 5149
Fax
+98 31 3668 7898
Email
research@mui.ac.ir
Web page address
<http://research.mui.ac.ir/>

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Esfahan 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
Esfahan University of Medical Sciences
Full name of responsible person
Marzieh sadat Jafari
Position
Masters' student

Latest degree
Bachelor
Other areas of specialty/work
Nursery
Street address
No. 3, Negin Alley, Meraj street, Parvin street
City
Isfahan
Province
Isfahan
Postal code
8168693163
Phone
+98 31 3557 1320
Fax
Email
jafari1991@nm.mui.ac.ir

Person responsible for scientific inquiries

Contact

Name of organization / entity
Esfahan University of Medical Sciences
Full name of responsible person
Marzieh sadat Jafari
Position
Masters' student
Latest degree
Bachelor
Other areas of specialty/work
Nursery
Street address
No. 3, Negin Alley, Meraj street, Parvin street
City
Isfahan
Province
Isfahan
Postal code
8168693163
Phone
+98 31 3557 1320
Fax
Email
jafari1991@nm.mui.ac.ir

Person responsible for updating data

Contact

Name of organization / entity
Esfahan University of Medical Sciences
Full name of responsible person
Marzieh sadat Jafari
Position
Masters' student
Latest degree
Bachelor
Other areas of specialty/work
Nursery
Street address
No. 3, Negin Alley, Meraj street, Parvin street
City

Isfahan
Province
Isfahan
Postal code
8168693163
Phone
+98 31 3557 1320
Fax
Email
jafari1991@nm.mui.ac.ir

Sharing plan

Deidentified Individual Participant Data Set (IPD)

No - There is not a plan to make this available

Justification/reason for indecision/not sharing IPD

اطلاعات بیشتری وجود ندارد

Study Protocol

Yes - There is a plan to make this available

Statistical Analysis Plan

No - There is not a plan to make this available

Informed Consent Form

No - There is not a plan to make this available

Clinical Study Report

Yes - There is a plan to make this available

Analytic Code

No - There is not a plan to make this available

Data Dictionary

No - There is not a plan to make this available

Title and more details about the data/document

Part of the data, such as information about the main outcome, can be shared.

When the data will become available and for how long

The access period starts 6 months after the results are published

To whom data/document is available

Researchers working in academic and scientific institutes are allowed to access the mentioned information

Under which criteria data/document could be used

The methodology and questionnaires used are provided to other researchers for use

From where data/document is obtainable

Applicants can send me an email to receive the required documents or data. Email Address:
jafari1991@nm.mui.ac.ir

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

One week after the data request, the required information will be emailed to the researchers

Comments

The narrations and the informed consent form will remain confidential.