# Clinical Trial Protocol
# Iranian Registry of Clinical Trials

16 Sep 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**
Isfehan
**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**

Isfehan

**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**

Isfehan

**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**

Isfehan

**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**

Isfehan

**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**
Isfehan
**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**
Isfehan
**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**
Isfehan
**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**
Isfehan
**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.