

Clinical Trial Protocol

Iranian Registry of Clinical Trials

10 Jun 2026

The effect of time management training on stress and resilience of novice nurses working in Covid 19 wards in educational hospitals of Mashhad University of Medical Sciences

Protocol summary

Study aim

Determining the effect of time management training on stress in novice nurses working in Covid 19 wards in educational hospitals of Mashhad University of Medical Sciences Determining the effect of time management training on resilience of novice nurses working in Covid 19 wards in educational hospitals of Mashhad University of Medical Sciences

Design

A two-group experimental study with a control group, randomized, on 120 nurses, using online randomization.

Settings and conduct

This will be a pre-post test experiment study with a control group and a sample of 60 nurses in each group. The research environment includes three educational hospitals at Mashhad University of Medical Sciences. In order to prevent the dissemination of information, the wards of these nurses in each hospital are divided into two groups by using online randomization. The training package (time management) will be delivered to the intervention group and the control group will not have any intervention.

Participants/Inclusion and exclusion criteria

Bachelor's in Nursing Work experience of <2 years Working in the Covid 19 department Willingness to participate in the study Lack of masters or PHD degree Not participated in other similar workshop in the last 6 month

Intervention groups

The training package (time management) will be delivered to the intervention group and the control group will not have any intervention.

Main outcome variables

Reduce stress; Increase resilience

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20220309054229N1**

Registration date: **2022-04-10, 1401/01/21**

Registration timing: **registered_while_recruiting**

Last update: **2022-04-10, 1401/01/21**

Update count: **0**

Registration date

2022-04-10, 1401/01/21

Registrant information

Name

sepideh modiri

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 51 4467 0911

Email address

modiris982@mums.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2022-04-09, 1401/01/20

Expected recruitment end date

2022-04-19, 1401/01/30

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of time management training on stress and resilience of novice nurses working in Covid 19 wards in educational hospitals of Mashhad University of Medical Sciences

Public title

The effect of time management training on stress and resilience of novice nurses working in Covid 19 wards

Purpose

Education/Guidance

Inclusion/Exclusion criteria

Inclusion criteria:

Bachelor's in nursing Work experience of <2 years Working in the covid 19 department Willingness to participate in the study

Exclusion criteria:

Higher degree in nursing More than 2 years of work experience Participation in other similar workshop in the last 6 month

Age

No age limit

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **120**

Randomization (investigator's opinion)

Randomized

Randomization description

In this research, we will use the Permuted Block Randomization in Restricted Randomization method. Blocking is usually used to balance the number of samples assigned to each group. Online Randomization is used to generate a random sequence. We use Allocation Concealment. Sampling in several centers is done simultaneously by using Central Randomization. Communication methods include the use of telephone, SMS, fax, email, etc.

Blinding (investigator's opinion)

Not blinded

Blinding description

Placebo

Not used

Assignment

Parallel

Other design features

This will be a two-group study. Nurses' wards in each hospital are randomly divided into intervention and control groups. The training package will be delivered to the intervention group and the control group will not have any intervention.

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Research Ethics Committee of Mashhad University of Medical Sciences

Street address

University st, Faculty of Nursing & Midwifery

City

Mashhad

Province

Razavi Khorasan

Postal code

9138813944

Approval date

2021-11-30, 1400/09/09

Ethics committee reference number

IR.MUMS.NURSE.REC.1400.081

Health conditions studied

1

Description of health condition studied

Stress

ICD-10 code

ICD-10 code description

2

Description of health condition studied

Resilience

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description

Stress score

Timepoint

One month after training

Method of measurement

Cohen Perceived Stress Questionnaire

2

Description

Resilience score

Timepoint

One month after training

Method of measurement

Connor & Davidson Resilience Questionnaire

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: Novice nurses working in the wards of Covid 19 who receive a time management training package.

Category

Behavior

2

Description

Control group: Novice nurses in control group will not have any intervention.

Category

Behavior

Recruitment centers

1

Recruitment center

Name of recruitment center

Hashemi Nejad Hospital

Full name of responsible person

Sepideh Modiri

Street address

Hashemi Nejad Hospital, The end of Abu Reihan Blvd

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Email

hsh.pr@mums.ac.ir

Web page address

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

2

Recruitment center

Name of recruitment center

Imam Reza Hospital

Full name of responsible person

Sepideh Modiri

Street address

Imam Reza Hospital, Ibn Sina st

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Web page address

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

3

Recruitment center

Name of recruitment center

Ghaem Hospital

Full name of responsible person

Sepideh Modiri

Street address

Ghaem Hospital, Ahmadabad st

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Province

Razavi Khorasan

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Phone

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Fax

Email

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Web page address

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

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Mashhad University of Medical Sciences

Full name of responsible person

Sepideh Modiri

Street address

University st

City

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Phone

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Fax

+98 51 3841 3006

Email

presidentoffice@mums.ac.ir

Web page address

<https://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

Sepideh Modiri

Position

Nurse

Latest degree

Bachelor

Other areas of specialty/work

Nursery

Street address

No 22, Enghlab Street, Sabzevar

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Person responsible for scientific inquiries**Contact****Name of organization / entity**

Mashhad University of Medical Sciences

Full name of responsible person

Shahrokh Maghsoudi

Position

Nursing Education Instructor

Latest degree

Master

Other areas of specialty/work

Nursery

Street address

University Street, Faculty of Nursing & Midwifery

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Person responsible for updating data**Contact****Name of organization / entity**

Mashhad University of Medical Sciences

Full name of responsible person

Sepideh Modiri

Position

Nurse

Latest degree

Bachelor

Other areas of specialty/work

Nursery

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Sharing plan**Deidentified Individual Participant Data Set (IPD)**

Yes - There is 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

Yes - There is a plan to make this available

Title and more details about the data/document

Investigating the effect of time management training on stress and resilience of novice nurses working in Covid 19 wards

When the data will become available and for how long

October 2022

To whom data/document is available

Public

Under which criteria data/document could be used

Research studies

From where data/document is obtainable

Library of Faculty of Nursing & Midwifery, Mashhad University of Medical Sciences

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

Delivery request

Comments