# Clinical Trial Protocol
# Iranian Registry of Clinical Trials

31 Oct 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
**City**
Mashhad
**Province**
Razavi Khorasan
**Postal code**
9177899191
**Phone**
+98 51 3273 7011
**Fax**
+98 51 3272 2322
**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
**City**
Mashhad
**Province**
Razavi Khorasan
**Postal code**
9137913316
**Phone**
+98 51 3854 3031
**Email**
IRH.p.relations@mums.ac.ir
**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
**City**
Mashhad
**Province**
Razavi Khorasan
**Postal code**
99199-91766
**Phone**
+98 51 3840 0001
**Fax**
**Email**
b.ghaem@mums.ac.ir
**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**
Mashhad
**Province**
Razavi Khorasan
**Postal code**
13944-91388
**Phone**
+98 51 3841 2081
**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
**City**
Sabzevar
**Province**
Razavi Khorasan
**Postal code**
9617614149
**Phone**
+98 51 4467 0911
**Email**
modiris982@mums.ac.ir

## 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
**City**
Mashhad
**Province**
Razavi Khorasan
**Postal code**
13944-91388
**Phone**
38412081 051
**Email**
maghsoudish@mums.ac.ir

## 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
**Street address**
No 22, Enghlab street, Sabzevar
**City**
Sabzevar
**Province**
Razavi Khorasan
**Postal code**
9617614149
**Phone**
+98 51 4467 0911
**Email**
modiris982@mums.ac.ir

## 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**