

Clinical Trial Protocol

Iranian Registry of Clinical Trials

16 Sep 2026

The Effect of Narrative Writing on Fatherl Stress in Neonatal Intensive Care Settings

Protocol summary

Summary

The aim of narrative writing effect on fathers'stress over the neonatal hospitalization in NICU is the purpose of this research.The approach of this research is the quasi-experimental of pre-test and after-test.The two groups of intervention and control complete the stress questionnaire on the first day. The intervention group complete the narrative writing, 3 times within 7 days, while the normal care is taken on control group. Lastly, the stress questionnaire is completed by both groups in the end of day 7 of neonatal hospitalization.

General information

Acronym

Neonatal Intensive Care Unit

IRCT registration information

IRCT registration number: **IRCT201406045866N21**

Registration date: **2014-07-19, 1393/04/28**

Registration timing: **prospective**

Last update:

Update count: **0**

Registration date

2014-07-19, 1393/04/28

Registrant information

Name

Akram Sanagoo

Name of organization / entity

Golestan University of Medical Sciences

Country

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Recruitment status

Recruitment complete

Funding source

Deputy of Research & Technology, Golestan University of Medical Sciences

Expected recruitment start date

2014-07-23, 1393/05/01

Expected recruitment end date

2014-12-21, 1393/09/30

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The Effect of Narrative Writing on Fatherl Stress in Neonatal Intensive Care Settings

Public title

Writing emotion by fathers such as Story

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria: having an infant less than 37 gestational age; father age between 18-45 years old; having at least pre-high school education; not having another child with the history of hospitalization in the NICU; not having sick children at home; not having a severe stressful problem in the last 2 months; not having a history of psychedelic and drug use. Fathers' exclusion criteria: lack of interest in participation in the research and infant's death.

Age

From **18 years** old to **45 years** old

Gender

Male

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **74**

Randomization (investigator's opinion)

Randomized

Randomization description

Blinding (investigator's opinion)

Double blinded

Blinding description

Placebo

Not used

Assignment

Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethical Committee Golestan University of Medical Sciences

Street address

Golestan University of Medical Sciences, Shastkola

City

Gorgan

Postal code

4934174515

Approval date

2014-06-08, 1393/03/18

Ethics committee reference number

5620893031811

Health conditions studied

1

Description of health condition studied

Stress

ICD-10 code

F43.0

ICD-10 code description

Acute stress reaction

Primary outcomes

1

Description

Stress

Timepoint

First day after intervention and 7th day after intervention

Method of measurement

Standardized Mills questionnaire

Secondary outcomes

empty

Intervention groups

1

Description

intervention group: the first, the fathers in the intervention group will complete the Parental Stressor Scale on the 1st day of the infant's hospitalization. and then will ask to perform narrative writing at least three times until the end of the 7th day of the hospitalization, When they will ask again to complete the PSS questionnaire.

Category

Other

2

Description

control group : the fathers in the control group will complete the Parental Stressor Scale on the 1st day of the infant's hospitalization. Then, the fathers in the control group follow only the routine procedures of the NICU, and they will ask to the end of the 7th day of the hospitalization, again to complete the PSS questionnaire.

Category

Treatment - Drugs

Recruitment centers

1

Recruitment center

Name of recruitment center

Talghanii Hospital

Full name of responsible person

Negarini Akbari

Street address

Taleghani Street and Sayyad shirazi Street

City

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Deputy of Research & Technology, Golestan University of Medical Sciences

Full name of responsible person

Dr. Leila M Jouybari

Street address

Deputy of Research & Technology, Golestan University of Medical Sciences, Shastkola

City

Gorgan

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Deputy of Research & Technology, Golestan University of Medical Sciences

Proportion provided by this source

100

Public or private sector

empty

Domestic or foreign origin

empty

Category of foreign source of funding

empty

Country of origin**Type of organization providing the funding**

empty

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

Tehran University of Medical Science

Full name of responsible person

Negarín Akbari

Position

Ms Student of Critical Nursing Care

Other areas of specialty/work**Street address**

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Full name of responsible person

Leila M Jouybari

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PhD

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Web page address**Sharing plan****Deidentified Individual Participant Data Set (IPD)**

empty

Study Protocol

empty

Statistical Analysis Plan

empty

Informed Consent Form

empty

Clinical Study Report

empty

Analytic Code

empty

Data Dictionary

empty