Clinical Trial Protocol
Iranian Registry of Clinical Trials

16 Sep 2026

The Effect of emotional intelligence training on family work conflict among intensive care unit nurses

Protocol summary

Study aim

The study aims to determine the effect of emotional intelligence training on the level of work-family conflict in special care nurses.

Design

randomised controlled clinical trial with the control group design of 80 nurses ,double center،Sampling has not started yet

Settings and conduct

The sampling method will be available in two hospitals, Valiasr and Amirul Mominin, Arak. After obtaining informed consent from intensive care units nurses are randomly assigned to an experimental group (40 people) and a control group (40 people) .no blinding

Participants/Inclusion and exclusion criteria

The inclusion criteria for the study include having at least 6 months of work experience as a nurse working in intensive care units (ICU) in university hospitals in Arak city and a score greater than 31 on the work-family conflict questionnaire and a score less than 130 from the emotional intelligence questionnaire at the beginning of the study. The exclusion criteria include the nurse's unwillingness to continue participating in educational workshops.

Intervention groups

The intervention in the test group includes the training of emotional intelligence by the lecture method with questions and answers, discussion, and group work, which is provided by the researcher. The emotional intelligence training protocol is taken from Mayer and Salovey's ability model. This training program takes place in 8 sessions. The duration of each training session is considered to be 60 minutes. The number of sessions is two sessions per week on Wednesdays and Fridays. The control group will not receive any intervention during this period. Then, after 4 weeks from the end of session 8, the work-family conflict and emotional intelligence questionnaires will be completed again by the nurses of the control and test groups.

Main outcome variables

work-family conflict; Emotional Intelligence

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20220727055570N1**
Registration date: **2022-09-03, 1401/06/12**
Registration timing: **prospective**

Last update: **2022-09-03, 1401/06/12**
Update count: **0**

Registration date

2022-09-03, 1401/06/12

Registrant information

Name
Maedeh Alhosseini
Name of organization / entity
Country
Iran (Islamic Republic of)
Phone
+98 86 3227 5845
Email address
m.alhosseini@arakmu.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2022-09-23, 1401/07/01

Expected recruitment end date

2022-11-22, 1401/09/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date
empty

Scientific title
The Effect of emotional intelligence training on family work conflict among intensive care unit nurses

Public title
The Effect of emotional intelligence training on family work conflict

Purpose
Education/Guidance

Inclusion/Exclusion criteria

Inclusion criteria:
Having at least 6 months of work experience as a nurse working in intensive care units (ICU) in academic hospitals in Arak city The obtained score is more than 31 on the work-family conflict questionnaire at the time of entering the study A score of less than 130 on the emotional intelligence questionnaire at the time of entering the study

Exclusion criteria:
The nurse's unwillingness to continue participating in educational workshops

Age
From **22 years** old

Gender
Both

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **80**

Randomization (investigator's opinion)
Randomized

Randomization description
Quadruple permutation block randomization All possible blocks are arranged as follows: block 1: ABAB block 2: AABB block 3: ABBA block 4: BBAA block 5: BABA block 6: BAAB for Choosing 80 people, we need 20 blocks. We randomly select these blocks from numbers 1 to 6. Using the R software, we choose a random number between numbers 1 to 6. For example, if number 6 is chosen as the first block and number 2 as the second block, the people who enter the study will be given BAABAABB in the order Finally, group A receives control intervention and group B receives treatment intervention.

Blinding (investigator's opinion)
Not blinded

Blinding description

Placebo
Not used

Assignment
Single

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee
Ethics Committee of Arak University of Medical Sciences

Street address
Arak University of Medical Sciences, Basij Square, Sardasht, Arak Town, Iran

City
Arak

Province
Markazi

Postal code
3848176341

Approval date
2022-08-14, 1401/05/23

Ethics committee reference number
IR.ARAKMU.REC.1401.107

Health conditions studied

1

Description of health condition studied
Studies have shown that 79.4% of nurses in other parts of the world and 93% of nurses in Iran have experienced work-family conflict. In the United States, 81% of new nurses have experienced work-family conflict.

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description
work-family conflict

Timepoint
Before the intervention and 4 weeks after the end of the intervention

Method of measurement
questionnaire

2

Description
emotional intelligence

Timepoint
Before the intervention and 4 weeks after the end of the intervention

Method of measurement
questionnaire

Secondary outcomes

empty

Intervention groups

1

Description
Intervention group: The intervention in the test group includes emotional intelligence training based on Mayer and Salovey's ability model in the form of a lecture with question and answer, discussion, and group work provided by the researcher. . This therapy training program takes place in 8 sessions. The duration of each training session is calculated to be 60 minutes. The number of sessions is two sessions per week on Wednesdays and Fridays. The topics of each session include a general discussion about the emotional self-awareness training framework, self-expression, increasing self-confidence, self-improvement, and effort. For personal growth, positive thinking and optimism, ways to strengthen positive thinking, action initiative for self-motivation, sincere relationships (strengthening interpersonal interactions), common sense, emotion, and empathy.

Category
Other

2

Description
Control group: The control group will not receive any intervention during this period. In order to comply with ethics in the research, at the end of the study, the videos recorded from the emotional intelligence classes of the test group will be provided to the control group.

Category
N/A

Recruitment centers

1

Recruitment center

Name of recruitment center
Hazrat Valiasr Training Center

Full name of responsible person
Reza Shojaei

Street address
Hazrat Valiasr Training Center, Hazrat Valiasr Square,Arak Town.

City
Arak

Province
Markazi

Postal code
3814957558

Phone
+98 86 3222 2003

Email
pr_valieasr@arakmu.ac.ir

Web page address
https://arakmu.ac.ir/valiasrhos/fa

2

Recruitment center

Name of recruitment center
Amir al-Momenin (AS) educational and therapeutic center

Full name of responsible person
Ali Sadoogh

Street address
Amir al-Momenin (AS) educational and therapeutic center, next to medical school, Arak-Basij Square.

City
Arak

Province
Markazi

Postal code
3848176941

Phone
+98 86 3417 3601

Email
it-amiralmomenin@arakmu.ac.ir

Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Arak University of Medical Sciences

Full name of responsible person
Alireza Amani

Street address
Alam El Hadi Ave, Shahid Shiroudi Ave, Arak Town.

City
Arak

Province
Markazi

Postal code
3819693345

Phone
+98 86 3313 6055

Email
info@arakmu.ac.ir

Grant name

Grant code / Reference number

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

Title of funding source
Arak 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
Arak University of Medical Sciences

Full name of responsible person
Moloud Farmahini Farahani

Position
Assistant Professor

Latest degree
Ph.D.

Other areas of specialty/work
Nursing

Street address
Blue wing, Nursing school, Complex of the Great Prophet, Sardasht, Arak Town.

City
Arak

Province
Markazi

Postal code
3848176941

Phone
+98 86 3417 3524

Email
farmahini70@gmail.com

Person responsible for scientific inquiries

Contact

Name of organization / entity
Arak University of Medical Sciences

Full name of responsible person
Moloud Farmahini Farahani

Position
Assistant Professor

Latest degree
Ph.D.

Other areas of specialty/work
Nursing

Street address
Blue wing, Nursing school, Complex of the Great Prophet, Sardasht, Arak Town.

City
Arak

Province
Markazi

Postal code
3848176941

Phone
+98 86 3417 3524

Email
farmahini70@gmail.com

Person responsible for updating data

Contact

Name of organization / entity
Arak University of Medical Sciences

Full name of responsible person
Maedeh Alhosseini

Position
Student

Latest degree
Bachelor

Other areas of specialty/work
Nursery

Street address
Jahrom Street

City
Arak

Province
Markazi

Postal code
3817778117

Phone
+98 86 3227 5845

Fax

Email
m.alhosseini@arakmu.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
Work _family conflict Emotional intelligence

When the data will become available and for how long
starting 6 months after publication

To whom data/document is available
people working in academic institutions

Under which criteria data/document could be used
individual participant data meta-analyses

From where data/document is obtainable
Maedehalhoseini@gmail.com Maedeh Alhosseini

What processes are involved for a request to access data/document
Two months from the time of application to receiving the results

Comments