

Clinical Trial Protocol

Iranian Registry of Clinical Trials

21 Jul 2026

The effectiveness of a nurse led resilience-training program on psychological wellbeing, resilience, and coping behaviours of university students in Oman

Protocol summary

Study aim

This study aims to test the effectiveness of a nurse-led resilience-training program on the psychological well-being, resilience, and coping behaviors of university students in Oman.

Design

Phase I: A cross-sectional descriptive correlational survey will be conducted to estimate the relationship between psychological well-being, resilience, and coping behaviors of university students. Phase II: A quasi Experimental design with the wait-listed control group; with repeated measures for resilience and psychological distress, psychological well-being (baseline, immediately after the intervention and at 4 weeks) will be carried out to evaluate the effectiveness of a nurse-led resilience training program on student's resilience, coping behaviors, and psychological wellbeing.

Settings and conduct

Selected Private and Government universities of Oman

Participants/Inclusion and exclusion criteria

Inclusion criteria 1. university students in the first two years of their university life. 2. Willing to participate in the study. 3. Students identified as having low psychological well-being, low resilience, and poor coping behaviors in the screening will be included in the intervention group. Exclusion criteria 1. Students with a known mental illness on treatment, will be excluded during analysis.

Intervention groups

1. as mentioned in the inclusion criteria above

Main outcome variables

psychological wellbeing, coping behaviors resilience

General information

Reason for update

As the school children are busy ministry of education

suggested to do this study among university children.

Acronym

RTP

IRCT registration information

IRCT registration number: **IRCT20220928056052N1**

Registration date: **2022-09-30, 1401/07/08**

Registration timing: **registered_while_recruiting**

Last update: **2023-01-26, 1401/11/06**

Update count: **1**

Registration date

2022-09-30, 1401/07/08

Registrant information

Name

DIVYA KUZHIVILAYIL YESODHARAN

Name of organization / entity

COLLEGE OF NURSING, SULTAN QABOOS UNIVERSITY

Country

Oman

Phone

+968 24 145482

Email address

divyaky@squ.edu.om

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2022-01-20, 1400/10/30

Expected recruitment end date

2024-01-20, 1402/10/30

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effectiveness of a nurse led resilience-training program on psychological wellbeing, resilience, and coping behaviours of university students in Oman

Public title

Effect of Resilience training program for university students

Purpose

Education/Guidance

Inclusion/Exclusion criteria**Inclusion criteria:**

1.university students in the first two years of university life 2. Willing to participate in the study. 3. Students identified as having low psychological wellbeing, low resilience and poor coping behaviors in the screening will be included in the intervention group.

Exclusion criteria:

1. Students with a known mental illness on treatment, will be excluded in the analysis

Age

From **18 years** old to **35 years** old

Gender

Both

Phase

0

Groups that have been masked

No information

Sample size

Target sample size: **250**

Randomization (investigator's opinion)

Not randomized

Randomization description**Blinding (investigator's opinion)**

Not blinded

Blinding description**Placebo**

Not used

Assignment

Other

Other design features**Secondary Ids**

empty

Ethics committees**1****Ethics committee****Name of ethics committee**

Research and Ethics Committee, college of Nursing,
Sultan Qaboos University

Street address

ALKHOUD

City

MUSCAT

Postal code

123

Approval date

2022-09-15, 1401/06/24

Ethics committee reference number

CON/NF/2022/11

Health conditions studied**1****Description of health condition studied**

RESILIENCE IN HEALTHY university students

ICD-10 code**ICD-10 code description****Primary outcomes****1****Description**

Nurse led resilience training will have an effect on the resilience of the healthy university students.

Timepoint

0,immediately after intervention, at 4 weeks

Method of measurement

self reported questionnaire

Secondary outcomes

empty

Intervention groups**1****Description**

Intervention group: nurse led training program group

Category

Prevention

2**Description**

Control group: wait listed control group ; no intervention until the data collection is complete, the training is given

Category

Other

Recruitment centers**1****Recruitment center****Name of recruitment center**

Muscat Governorate

Full name of responsible person

DIVYA K Y

Street address

Al Khoud, CON,SQU

City

MUSCAT

Postal code

123

Phone

+968 9144 6631

Email
divyaky@squ.edu.om

Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Sultan Qaboos University
Full name of responsible person
Dr Sulaiman Al-Sabei
Street address
Al Khoud, Muscat
City
Muscat
Postal code
123
Phone
+968 9441 1630
Email
alsabei@squ.edu.om

Grant name

NA

Grant code / Reference number

NA

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

No

Title of funding source

NA

Proportion provided by this source

100

Public or private sector

Private

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
COLLEGE OF NURISNG, SULTAN QABOOS UNIVERSITY
Full name of responsible person
DIVYA K Y
Position
LECTURER
Latest degree
Master
Other areas of specialty/work
PSYCHIATRIC MENTAL HEALTH NURISNG
Street address
Al Khoud, CON,SQU
City
MUSCAT
Province
MUSCAT

Postal code
123
Phone
+968 9144 6631
Email
divyaky@squ.edu.om

Person responsible for scientific inquiries

Contact

Name of organization / entity
College of Nursing, Sultan Qaboos University
Full name of responsible person
Dr Judie Arulappan
Position
Associate Professor
Latest degree
Ph.D.
Other areas of specialty/work
Maternal and Child Health
Street address
Al Khoud, Muscat
City
Muscat
Province
Muscat
Postal code
123
Phone
+968 9563 1235
Email
judie@squ.edu.om

Person responsible for updating data

Contact

Name of organization / entity
COLLEGE OF NURISNG, SULTAN QABOOS UNIVERSITY
Full name of responsible person
DIVYA K Y
Position
LECTURER
Latest degree
Master
Other areas of specialty/work
PSYCHIATRIC MENTAL HEALTH NURISNG
Street address
Al Khoud, CON,SQU
City
MUSCAT
Province
MUSCAT
Postal code
123
Phone
+968 9144 6631
Email
divyaky@squ.edu.om

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

there is no further information

Study Protocol

No - There is not 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

No - There is not 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