

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

26 May 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 KUZHVILAYIL 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

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## Sponsors / Funding sources

### 1

#### Sponsor

**Name of organization / entity**  
Sultan Qaboos University

**Full name of responsible person**  
Dr Sulaiman Al-Sabei

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Al Khoud, Muscat

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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

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## 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

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## Person responsible for updating data

#### Contact

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COLLEGE OF NURISNG, SULTAN QABOOS UNIVERSITY

**Full name of responsible person**  
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LECTURER

**Latest degree**  
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**Other areas of specialty/work**  
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## **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