Clinical Trial Protocol
Iranian Registry of Clinical Trials

18 Sep 2026

The effectiveness of Balint group work on the resilience, Quality of work life and communication skills of nurse and patient of nurses in Psychiatric Hospital

Protocol summary

Study aim
Comparing the resilience of Razi Psychiatric Hospital nurses before and after participating in the Balint working group Comparing the quality of work life of nurses at Razi Psychiatric Hospital before and after participating in Balint working group Comparing the level of nurse-patient communication skills of the nurses of Razi Psychiatric Hospital before and after participating in Balint working group

Design
Randomized ,with group control with 13 persons in each group

Settings and conduct
6-8 Balint working group meetings will be held once a week for two months. There are ten nurses in each group along with a group leader and two assistant group leaders. The duration of the sessions is 90 minutes, and for the control group, no psychological and pharmaceutical intervention will be done for two months, and after the completion of the study, a Balint working group will be formed for the members of the control group (if the members wish).

Participants/Inclusion and exclusion criteria
Willingness to participate in research and group meetings and not being diagnosed with severe psychiatric disorder before

Intervention groups
psychiatric nurses who work in Razi psychiatric hospital

Main outcome variables
Resistance and quality of work life and communication skills in psychiatric nurses

General information

Reason for update

Acronym

IRCT registration information
IRCT registration number: **IRCT20230211057383N1**
Registration date: **2023-02-18, 1401/11/29**
Registration timing: **prospective**

Last update: **2023-02-18, 1401/11/29**
Update count: **0**

Registration date
2023-02-18, 1401/11/29

Registrant information

Name
Fatemeh Sadat Bateni

Name of organization / entity

Country
Iran (Islamic Republic of)

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Recruitment status
Recruitment complete

Funding source

Expected recruitment start date
2023-04-16, 1402/01/27

Expected recruitment end date
2023-06-21, 1402/03/31

Actual recruitment start date
empty

Actual recruitment end date
empty

Trial completion date
empty

Scientific title
The effectiveness of Balint group work on the resilience, Quality of work life and communication skills of nurse and patient of nurses in Psychiatric Hospital

Public title
اثرات گروه بالینت بر پرستاران روانپزشکی
Purpose
Supportive
Inclusion/Exclusion criteria
Inclusion criteria:
Nurses in psychiatric hospital
Exclusion criteria:
Without major psychiatric disorder
Age
No age limit
Gender
Both

Phase
N/A
Groups that have been masked
No information
Sample size
Target sample size: **13**
Randomization (investigator's opinion)
N/A
Randomization description
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 social welfare and rehabilitation sciences university of Tehran
Street address
13th floor,A bloc,Simaye Iran Ave,Tehran
City
Tehran
Province
Tehran
Postal code
1985713871
Approval date
2022-06-16, 1401/03/26
Ethics committee reference number
IR.USWR.REC.1401.054

Health conditions studied

1

Description of health condition studied
resistance,quality of life and communication skills in psychiatric nurses
ICD-10 code
ICD-10 code description

Primary outcomes

1

Description
Resilience is a positive adaptation in response to adverse conditions, which is used as a coping strategy in facing difficult conditions.
Timepoint
Before starting the intervention and carrying out the intervention for two months and then re-evaluation
Method of measurement
Connor and Davidson questionnaire

2

Description
the quality of work life is usually considered as the actual conditions of work including employee rights, facilities, health and safety issues, participation in decision-making, management approach, and job variety and flexibility
Timepoint
Before starting the intervention and carrying out the intervention for two months and then re-evaluation
Method of measurement
Walton questionnaire

3

Description
Communication and communication skills are an essential part of treatment, so that effective communication is widely considered as a key indicator for patient satisfaction, cooperation and healing.
Timepoint
Before starting the intervention, carry out the intervention for two months and then re-evaluate
Method of measurement
Vakili et al. standard patient communication questionnaire

Secondary outcomes

empty

Intervention groups

1

Description
Intervention group: In order to conduct this research, people enter the project after the initial interview (the interview is conducted by the leader and the co-leader who is a psychiatrist and psychiatric resident). and after obtaining written consent to participate in the research, people first answer the research questionnaires as well

as the demographic information questionnaire including age, gender and marital status. Then, using the coding method of random assignment, they will enter the intervention and control groups. The even codes will enter the intervention group and the odd codes will enter the control group. 6-8 Balint working group meetings will be held once a week for two months. There are ten nurses in each group along with a group leader and two assistant group leaders. The duration of the sessions is 90 minutes, and for the control group, no psychological and pharmaceutical intervention will be done for two months, and after the completion of the study, a Balint working group will be formed for the members of the control group (if the members wish).

Category

Lifestyle

2

Description

Control group: After the initial interview, people enter the project. The purpose of the initial interview was to explain the objectives of the research, to explain the time and place of the implementation of the working group for the participants, and after obtaining the written consent to participate in the research, the people were initially asked the research questionnaires as well as the questionnaires. Demographic information including age, gender and marital status are answered. Then, using the coding method of random assignment, they will enter the intervention and control groups. The even codes will enter the intervention group and the odd codes will enter the control group.

Category

Lifestyle

Recruitment centers

1

Recruitment center

Name of recruitment center

Razi psychiatric hospital

Full name of responsible person

Fatemeh Sadat Bateni

Street address

Amin abad,Rastegar blv.Razi psychiatric hospital

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

University of social welfare and rehabilitation sciences

Full name of responsible person

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Grant name

Grant code / Reference number

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

Yes

Title of funding source

University of social welfare and rehabilitation 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

University of social welfare and rehabilitation sciences

Full name of responsible person

Fatemeh Sadat Bateni

Position

Professor

Latest degree

Specialist

Other areas of specialty/work

Psychiatrics

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Person responsible for updating data

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Sharing plan

Deidentified Individual Participant Data Set (IPD)
Undecided - It is not yet known if there will be a plan to make this available

Study Protocol
Undecided - It is not yet known if there will be a plan to make this available

Statistical Analysis Plan
Undecided - It is not yet known if there will be a plan to make this available

Informed Consent Form
Undecided - It is not yet known if there will be a plan to make this available

Clinical Study Report
Undecided - It is not yet known if there will be a plan to make this available

Analytic Code
Undecided - It is not yet known if there will be a plan to make this available

Data Dictionary
Undecided - It is not yet known if there will be a plan to make this available