

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

15 Jul 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)

###### Phone

+98 912 261 8153

###### Email address

fa.bateni@uswr.ac.ir

##### 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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fa.bateni@uswr.ac.ir

## Sponsors / Funding sources

### 1

#### Sponsor

**Name of organization / entity**  
University of social welfare and rehabilitation sciences  
**Full name of responsible person**  
Fatemeh Sadat Bateni  
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Amin abad,Rastegar blv,Razi psychiatric hospital  
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**Province**  
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**Email**  
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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  
**Street address**  
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## Person responsible for scientific inquiries

### Contact

**Name of organization / entity**

University of social welfare and rehabilitation sciences

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**Position**

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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

## Person responsible for updating data

### Contact

**Name of organization / entity**

University of social welfare and rehabilitation sciences

**Full name of responsible person**

Fatemeh Sadat Bateni

**Position**

Professor

**Latest degree**

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