

Clinical Trial Protocol

Iranian Registry of Clinical Trials

19 Sep 2026

Design, Implementation and evaluating of spiritual self-care training program on the resilience of military nurses

Protocol summary

Study aim

Designing and determining the effectiveness of spiritual self-care training program on military nurses' resilience

Design

This study is a randomized clinical trial and includes two intervention and control groups, which are divided into two parallel groups of 32 people by simple random assignment method. This is a single-phase study without blinding and is conducted on 64 nurses.

Settings and conduct

The intervention will be implemented in two forms, in person and online, and during three to five one-hour workshop sessions in the form of small groups of 9 to 12 people. The contents of the virtual workshop will be displayed in the form of PowerPoint files. In addition, the researcher will give online feedback to the nurses' activities and answer their questions. Also, these items will be available in the virtual group, including the video recorded from the workshop, and learners can refer to them again at the appropriate time to remember the material. Face-to-face meetings will be held at Baqiyatullah Hospital to continue the cooperation of intervention group samples. For collect information, it will be done at two time points before and two months after the intervention.

Participants/Inclusion and exclusion criteria

official nurses working in care and treatment departments with at least one year of clinical experience; obtaining a score of 50 or lower than the total score of the resilience questionnaire. not taking psychiatric drugs and not suffering from obvious mental disorders; No record of participating in resilience training courses or similar courses.

Intervention groups

For the intervention group, a spiritual self-care educational program will be developed and conducted in a combination of face-to-face and virtual in the context of Adobe Connect software. In contrast, the control group will not receive any intervention during this period.

Main outcome variables

Resilience of nurses

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20210416050992N3**

Registration date: **2023-05-20, 1402/02/30**

Registration timing: **prospective**

Last update: **2023-05-20, 1402/02/30**

Update count: **0**

Registration date

2023-05-20, 1402/02/30

Registrant information

Name

Mohammad Salehpoor Emran

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 11 3533 9265

Email address

ms_82820@yahoo.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2023-07-23, 1402/05/01

Expected recruitment end date

2023-12-22, 1402/10/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Design, Implementation and evaluating of spiritual self-care training program on the resilience of military nurses

Public title

Spiritual self-care of nurses

Purpose

Education/Guidance

Inclusion/Exclusion criteria**Inclusion criteria:**

Official nurses working in care and treatment departments with at least one year of clinical work experience obtaining a score of 50 or lower than the total score of the resilience questionnaire

Exclusion criteria:

Not taking psychiatric drugs and not suffering from obvious mental disorders Lack of history of participating in resilience training courses or similar courses

Age

No age limit

Gender

Both

Phase

3

Groups that have been masked*No information***Sample size**Target sample size: **64****Randomization (investigator's opinion)**

Randomized

Randomization description

Sampling will be selected as available sampling; Then the eligible samples will be placed in intervention and control groups by simple random allocation method using computer and WWW.Random.org website. The output of the software will be the number of people in the intervention and control group, which corresponds to the numbers intended for the same people in the sampling framework, and thus the group of people will be determined.

Blinding (investigator's opinion)

Not blinded

Blinding description**Placebo**

Not used

Assignment

Parallel

Other design features**Secondary Ids**

empty

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

Research Ethics Committees of Baqiyatallah Hospital

Street address

Faculty of Nursing, Mollasadra St., Vanak Square., Tehran

City

Tehran

Province

Tehran

Postal code

1435916471

Approval date

2023-04-27, 1402/02/07

Ethics committee reference number

IR.BMSU.BAQ.REC.1402.011

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

Spiritual self-care of nurses

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

Resilience

Timepoint

Before the intervention and two months after it

Method of measurement

The Connor-Davidson Resilience scale

Secondary outcomes

empty

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

Intervention group: educational intervention will be implemented in two forms, in person and online, and during three to five one-hour workshop sessions in the form of small groups of 9 to 12 people with prior coordination. The content of the virtual workshop will be compiled using the method of qualitative content analysis and integrated review, and then it will be displayed by 7 to 10 professors and experts of content validity, and finally in the form of PowerPoint files, photos and videos. In addition, the researcher will give online explanations and give feedback to the nurses' activities and answer their questions. Also, for offline (non-linear) training, these items, including the video recorded from the workshop, will be available in the Literary Connect group, and learners can refer to them again at the appropriate time to recall the material. Holding face-to-face meetings will be to continue the cooperation of intervention group samples, perform practical exercises

and take post-tests.

Category

Prevention

2

Description

Control group: the control group will not receive any intervention during this period; However, in order to comply with research ethics, after the end of the intervention, the control group will be provided with educational content in the form of a summarized booklet.

Category

Prevention

Recruitment centers

1

Recruitment center

Name of recruitment center

The Baqiyatallah Hospital

Full name of responsible person

Mohamad Salehpoor

Street address

Baqiyatallah Hospital., After Sheikh Bahaii., Mulla Sadra Street., Vanak Square

City

Tehran

Province

Tehran

Postal code

1435915371

Phone

+98 21 8805 0435

Email

akram.parandeh@yahoo.com

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Bagheiat-allah University of Medical Sciences

Full name of responsible person

Abbas Ali Imani Fuladi

Street address

Research and Technology Vice-Chancellor., 3rd Floor., Baqiyatallah University., Sheikh Bahai St., Mulla Sadra St., Venk Square

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1435916471

Phone

+98 21 8755 5253

Email

R.bmsu@yahoo.com

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Bagheiat-allah 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

Bagheiat-allah University of Medical Sciences

Full name of responsible person

Akram Parandeh

Position

Nursing Ph.D, Associate Professor of Nursing Education,

Latest degree

Ph.D.

Other areas of specialty/work

Nursery

Street address

Mollasadra St., Vanak Square., Tehran Town

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Person responsible for scientific inquiries

Contact

Name of organization / entity

Bagheiat-allah University of Medical Sciences

Full name of responsible person

Akram Parandeh

Position

Nursing Ph.D., Associate Professor of Nursing Education

Latest degree

Ph.D.

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Person responsible for updating data

Contact

Name of organization / entity
Bagheiat-allah University of Medical Sciences
Full name of responsible person
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Position
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Latest degree
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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

Considering that the present study is a research plan and a university project and a copy of it is available at Baqiyatallah University of Medical Sciences; So the entire data can be shared after de-identifying individuals.

When the data will become available and for how long

The period of access to the documents of this study is 6 months after the publication of the results.

To whom data/document is available

The data and documentation of this study will be accessible to nurses, nursing students and academic institutions.

Under which criteria data/document could be used

The use of the documents of this study can be used for all the mentioned groups only by mentioning the source and without any interference in its texts.

From where data/document is obtainable

Considering that a copy of the plan under study is provided to the library of the Faculty of Nursing of Baqiyatallah University of Medical Sciences; Therefore, the clients can visit the library of this center at the address: Vanak Square, Mulla Sadra St., Faculty of Nursing, Baqiyatallah University of Medical Sciences; by phone number: +982187554088; or visit the website of the library of Baqiyatallah University of Medical Sciences in person to benefit from the documents of this study.

What processes are involved for a request to access data/document

In case of visiting the library of Baqiyatallah College of Nursing in person, the applicant can read the documents in the research by introducing himself to the responsible librarian and presenting a valid identification card. It should be noted that the client will not be allowed to remove the document from the library and take a photo of it. If visiting the library site of Baqiyatallah University of Medical Sciences, the visitor will enter a part of the title of the study in the search box and a summary of the current study will be displayed for him.

Comments