Clinical Trial Protocol
Iranian Registry of Clinical Trials

13 Nov 2026

The Effectiveness of Teaching Resilience Techniques Using Microlearning Method on the Level of Stress, Anxiety and Happiness of all Nurses Working in Intensive Care Units.

Protocol summary

Study aim

Determining the Effect of Teaching Resilience Techniques by Microlearning Method on Stress, Anxiety and Happiness of Nurses in Special Care Units During the COVID-19 Pandemic in Selected Ajah Hospitals.

Design

A Randomized Clinical Trial with Control and Test groups on 60 Nurses The Samples were Selected by Simple Random Method

Settings and conduct

Two groups were selected by a simple random method from among the special nurses of Aja hospitals, and the educational content, which includes video and text, was provided to the test group in the form of an application, and finally, the effectiveness was measured with the help of valid questionnaires.

Participants/Inclusion and exclusion criteria

1. Willingness to participate in the study 2. Having work experience of at least 6 months in CCU, ICU with patients with covid-19 3. Have at least a Bachelor's degree in nursing 4. Access to electronic tools, including mobile phones with Android 5. Not having any medication affecting mental health in last two weeks 6. No history of experiencing emotional during last six months; 1. Unwillingness to continue cooperation in study 2. Incomplete completion of stress, anxiety and happiness questionnaires 3. Nurses who have plan. 4. Involvement in the crisis during study

Intervention groups

Educational content will be provided to test group, which includes face-to-face meeting to introduce, introduce the application. The application will be installed on test group. The duration of the training will be 4 weeks, and an application will be prepared by the research team for this purpose, educational content will be defined by the microlearning method and will be available to nurses of the test group. During the study period, the nurses of the control group will not receive training from the researcher.

Main outcome variables

Reducing Stress and Anxiety; Increasing Happiness by Applying Resilience Techniques

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20221225056916N1**
Registration date: **2023-04-29, 1402/02/09**
Registration timing: **prospective**

Last update: **2023-04-29, 1402/02/09**
Update count: **0**

Registration date

2023-04-29, 1402/02/09

Registrant information

Name

Maryam Abbasalizadeh

Name of organization / entity

Country

Iran (Islamic Republic of)

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+98 21 7766 1923

Email address

maryam_abbasalizadeh@yahoo.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2023-05-10, 1402/02/20

Expected recruitment end date

2023-06-10, 1402/03/20

Actual recruitment start date
empty
Actual recruitment end date
empty
Trial completion date
empty

Scientific title
The Effectiveness of Teaching Resilience Techniques Using Microlearning Method on the Level of Stress, Anxiety and Happiness of all Nurses Working in Intensive Care Units.

Public title
The Effectiveness of Training Resilience on Stress and Anxiety and Happiness of Nurses in Intensive Care Units
Purpose
Health service research
Inclusion/Exclusion criteria
Inclusion criteria:
. Willingness to participate in the study2. Having work experience of at least 6 months in CCU, ICU departments with patients with covid3. Have at least a bachelor's degree in nursing4. Access to electronic tools, including smart mobile phones with Android software5. Not having a history of taking any medication affecting mental health in the last two (51) weeks6. No history of experiencing emotional crises during the last six months
Exclusion criteria:
Age
No age limit
Gender
Both

Phase
N/A
Groups that have been masked
No information
Sample size
Target sample size: **30**
Randomization (investigator's opinion)
Randomized
Randomization description
Sampling will be available and full. Sampling of nurses working in special care units, ICU, CCU of selected Aja hospitals will be done in full. The samples will be placed one in the middle in the training and control group.
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
Ethics Committee of Army Medical Sciences University
Street address
Unit 7, Plate47, Jalili Street, Mazandaran Stree, EmamHossein Squaret,
City
Tehran
Province
Tehran
Postal code
1153853415
Approval date
2022-12-18, 1401/09/27
Ethics committee reference number
IR.AJAUMS.REC.1401.173

Health conditions studied

1

Description of health condition studied
It examines the impact of training resilience techniques on the level of stress, anxiety and happiness of nurses during the covid pandemic in the nurses of selected AJA hospitals, because these hospitals are military and the occurrence of any crisis can cause additional stress and anxiety to nurses. will be done.
ICD-10 code
F43.0
ICD-10 code description
Acute stress reaction

Primary outcomes

1

Description
Resilience Score in the Connor-Davidson Resilience Questionnaire
Timepoint
7, 14 Days after the Intervention and Seeing the Application
Method of measurement
Personal information form, CONNOR-DAVIDSON resilience questionnaire, DASS stress and anxiety questionnaire and Oxford OHQ happiness questionnaire

Secondary outcomes

empty

Intervention groups

1

Description
Intervention group: The intervention group:) will prepare the educational content based on the resilience

techniques contained in the guidelines of the comprehensive standards announced by the Ministry of Health and Medical Education and based on the available resources, and the validity of the content and application will be approved by expert professors in this regard. Receipt. Then the educational content will be provided to the test group

Category
Behavior

Recruitment centers

1

Recruitment center

Name of recruitment center
Aja 501 hospital
Full name of responsible person
Maryam Abbasalizadeh
Street address
Hospital 501, Etemadzadeh St, Jamalzadeh St, Fatemi Square
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Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Artesh University of Medical 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
Artesh University of Medical Sciences
Proportion provided by this source
40
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
Artesh University of Medical Sciences
Full name of responsible person
Zahra Farsi
Position
Professor
Latest degree
Ph.D.
Other areas of specialty/work
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Person responsible for scientific inquiries

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Person responsible for updating data

Contact

Name of organization / entity
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Full name of responsible person
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nursing student

Latest degree
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Other areas of specialty/work
Nursery

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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
Not applicable

Data Dictionary
Not applicable

Title and more details about the data/document
The educational content will be prepared based on the available resilience techniques in the guidelines of the comprehensive standards announced by the Ministry of Health and Medical Education and based on the available resources and the validity of the content and application will be approved by expert professors in this regard. .

When the data will become available and for how long
Access starts 2 months after the results are published

To whom data/document is available
According to the results of this study, the officials of the hospitals, including the quality improvement office, matrons, supervisors, supervisors, nurses, and the health department and the mental department, can reduce some of the mental health problems among the nurses working in the special care departments of the hospital. and improve their psychological level. Also, nursing professors and other researchers, by taking advantage of the results of the present study and paying attention to electronic trainings related to the levels of stress, anxiety and happiness, can have a great help in the process of improving the mental health of nurses.

Under which criteria data/document could be used
According to the results of this study, the officials of the hospitals, including the quality improvement office, matrons, supervisors, supervisors, nurses, and the health department and the mental department, can reduce some of the mental health problems among the nurses working in the special care departments of the hospital. and improve their psychological level. Also, nursing professors and other researchers, by taking advantage of the results of the present study and paying attention to electronic trainings related to the levels of stress, anxiety and happiness, can have a great help in the process of improving the mental health of nurses.

From where data/document is obtainable
Researcher Maryam Abbas Alizadeh
maryam_abbasalizadeh@yahoo.com

What processes are involved for a request to access data/document
It only takes one to three weeks from the time an email is sent to be answered

Comments