

Clinical Trial Protocol

Iranian Registry of Clinical Trials

18 Sep 2026

Determining and comparing the effect of Balint group work on job burnout and empathy with patient in the nurses of the oncology department of Shahid Sadoughi Hospital in Yazd with the control group

Protocol summary

Study aim

Determining and comparing the impact of Balint method group therapy on job burnout and empathy with patients in the nurses of the oncology department of Shahid Sadoughi Hospital

Design

A clinical trial with a control group with randomized parallel groups will be conducted using the permutation block randomization method.

Settings and conduct

This study will be conducted in the oncology department of Shahid Sadoughi Hospital in Yazd.

Participants/Inclusion and exclusion criteria

Entry criteria: 1- Working in the oncology department 2- Consent to participate in the study 3- Working experience of less than 20 years Exit criteria: 1. Having an active addiction to drugs or alcohol 2. Suffering from chronic physical disorders 3. Having psychotic disorders 4. The presence of psychological or drug interventions at the moment

Intervention groups

6 sessions of Balint group work will be conducted for the intervention group and 6 sessions of psychoeducation for the control group .Psychoeducation is about the types of bereavement, stages of bereavement and stress control.

Main outcome variables

Job burnout; empathy

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20230626058593N1**

Registration date: **2023-08-07, 1402/05/16**

Registration timing: **registered_while_recruiting**

Last update: **2023-08-07, 1402/05/16**

Update count: **0**

Registration date

2023-08-07, 1402/05/16

Registrant information

Name

Nafiseh Alsadat Mousavi

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 910 435 9481

Email address

nmousavi70@gmail.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2023-07-23, 1402/05/01

Expected recruitment end date

2023-09-23, 1402/07/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Determining and comparing the effect of Balint group work on job burnout and empathy with patient in the nurses of the oncology department of Shahid Sadoughi Hospital in Yazd with the control group

Public title

The effect of Balint group work on empathy and job burnout

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria:

Working in the oncology department
Consent to participate in the study
Work experience less than 20 years

Exclusion criteria:

Having an active addiction to drugs or alcohol
Suffering from chronic physical disorders
Having psychotic disorders
The presence of psychological or drug interventions at the moment

Age

No age limit

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: 28

Randomization (investigator's opinion)

Randomized

Randomization description

The participants are placed in one of the intervention and control groups using the permutation block randomization method. The selection of samples using the method of randomization of samples is based on the form of alternating blocks. Given that the total number of samples is 28, 7 blocks of size 4 will be considered and the blocks will be selected randomly. and then according to each block that contains 4 samples, the samples will be randomly assigned to one of the two intervention or control groups.

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

Ethics Committee of Shahid Sadoughi University of Medical Sciences, Yazd

Street address

Shohadaye Gomnam Blvd.

City

Yazd

Province

Yazd

Postal code

8916978477

Approval date

2023-05-02, 1402/02/12

Ethics committee reference number

IR.SSU.MEDICINE.REC.1402.020

Health conditions studied

1

Description of health condition studied

Examining job burnout and empathy with patients on nurses.

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description

Job burnout

Timepoint

At the beginning of the study (before the intervention)
and at the end of the work

Method of measurement

Mezlach's burnout questionnaire (severity scale)

2

Description

Empathy with patients.

Timepoint

At the beginning of the study (before the intervention)
and at the end of the work

Method of measurement

Jefferson's empathy questionnaire

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: Balint Group .Balint group is a group intervention for the staff working in the medical science system. This intervention was designed and implemented by Professor Balint in 1957 and has been implemented around the world since then. The method of this intervention is in the form of a group in such a way that 12-14 members of the medical staff who have been selected homogeneously (have the same job) come together for 60 minutes with the presence of two group leaders in a group structure. The arrangement of the group is in the form of a ring. First, for 10 minutes, under the guidance of the leader and chosen by the group members, one person talks about his emotional experience in the work environment, especially in

relation to the patient, then that person is removed from the group for 35 minutes.(The person stays in the group space and outside the circle.) And the rest of the group members talk about this person's emotional experience in an empathetic way, focusing on their own experiences. The leader directs the atmosphere of the group in order to better understanding the expressed experience and regulate people's emotions and empathy and performs the necessary interventions to reduce the emotional burden of the topic of discussion. Then, in the last 15 minutes, the first person enters the group and expresses his feelings and experience from listening to the talks of others and the group leaders, and the group leader analyzes the psychodynamic components of the relationship with the patient.

Category

Other

2

Description

Control group: Psychoeducation group: For this group, 6 sessions of psychoeducation will be held in such a way that each session will last for 60 minutes. The people of this group will be trained in psychological issues related to grief in the form of attending a training class. Sessions include: The first session talks about the definition of grief. The second session is about types of mourning. The third session is about the stages of mourning from the perspective of Kubler-Ross. The fourth session is about therapeutic and psychological interventions in bereavement. The fifth session is about stress control. The sixth session will be about emotion regulation.

Category

Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Shahid Sadoughi Hospital,Yazd

Full name of responsible person

Dr. Hussain Soleimani

Street address

Shahid Sadoughi Hospital, Ibn Sina Blvd.

City

Yazd

Province

Yazd

Postal code

8915887857

Phone

+98 35 3822 4000

Email

sadoghi-hospital@ssu.ac.ir

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Yazd University of Medical Sciences

Full name of responsible person

Dr. Amin Salehi

Street address

Yazd University of Medical Sciences, Shahid Sadoughi Blvd., Bahonar Square

City

Yazd

Province

Yazd

Postal code

8916978477

Phone

+98 35 3724 0171

Email

dvc.research@ssu.ac.ir

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Yazd 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

Yazd University of Medical Sciences

Full name of responsible person

Dr. Shahabali Shirkhoda

Position

Assistant Professor

Latest degree

Subspecialist

Other areas of specialty/work

Psychiatrics

Street address

Psychiatric Center of Yazd, Shahid Beheshti Blvd., Taft

City

Yazd

Province

Yazd

Postal code

8991683316

Phone

009832632003

Email

Person responsible for scientific inquiries

Contact

Name of organization / entity

Yazd University of Medical Sciences

Full name of responsible person

Dr. Shahabali Shirkhoda

Position

Assistant Professor

Latest degree

Subspecialist

Other areas of specialty/work

Psychiatrics

Street address

Psychiatric Center of Yazd, Shahid Beheshti Blvd., Taft

City

Taft

Province

Yazd

Postal code

8991683316

Phone

+98 35 3263 2003

Email

shshirkhoda@gmail.com

Person responsible for updating data

Contact

Name of organization / entity

Yazd University of Medical Sciences

Full name of responsible person

Nafiseh Alsadat Mousavi

Position

resident

Latest degree

Medical doctor

Other areas of specialty/work

Psychiatrics

Street address

Yazd University of Medical Sciences, Shahid Sadoughi Blvd., Bamonar Square

City

Yazd

Province

Yazd

Postal code

8916987200

Phone

+98 35 3728 4283

Email

nmousavi70@gmail.com

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

Information about the data that is related to the conclusion is published.

When the data will become available and for how long

After the study is completed and the result of the study is determined, it will be available

To whom data/document is available

All people interested in studying

Under which criteria data/document could be used

The use of data is allowed under the condition of compliance with ethics.

From where data/document is obtainable

Dr shirkhoda shshirkhoda@gmail.com

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

The request should be submitted and the answer will be given after seeing the email.

Comments