

Clinical Trial Protocol

Iranian Registry of Clinical Trials

30 Jun 2026

An intervention trial to evaluate the effect of stress management training on midwives job related stress in labor units, maternity, midwifery emergency

Protocol summary

Summary

Objectives: To determine the effect of stress management training on job related stress of working midwives in women sections. Location: department of Midwives Emergency, labor and maternity of selected Hospitals of Medical Sciences Mazandaran University. Participants: 100 working midwives in women section. Setting and conduct: 100 midwives systematically put into 50 subjects test group and 50 subjects control group. Intervention: intervention is offered in 7 sessions of an hour and a half and in the form of lecture about stress management, an hour and fifteen is for training and a quarter of hour is for question and answer. Session are held at intervals of three days. Inclusion criteria: Midwives who are working in women sections such as midwife emergency, labor and maternity; Whose minimum qualification is bachelor; Who are working at least six month. Exclusion criteria: Subjects who do not want to continue cooperation to the search; The absence of more than two sessions. Data collection methods: Two questionnaire of Demographic and Hospital stress scale. Higher scores indicate more stress. Implications include the reduction of working midwives job stress in women sections which is investigated 3 month after intervention by using of questionnaire again.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT201307116777N2**
Registration date: **2014-12-30, 1393/10/09**
Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2014-12-30, 1393/10/09

Registrant information

Name

Mino0 Pakgohar

Name of organization / entity

School of Nursing & Midwifery, Tehran University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

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Recruitment status

Recruitment complete

Funding source

Vice chancellor for research of Tehran University of Medical Sciences

Expected recruitment start date

2013-08-11, 1392/05/20

Expected recruitment end date

2013-10-12, 1392/07/20

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

An intervention trial to evaluate the effect of stress management training on midwives job related stress in labor units, maternity, midwifery emergency

Public title

Effects of stress management training on midwives job related stress

Purpose

Health service research

Inclusion/Exclusion criteria

Inclusion criteria: Midwives who are working in women sections such as midwife emergency, labor and maternity; Whose minimum qualification is bachelor; Who are working at least six month. Exclusion criteria: Subjects who do not want to continue cooperation to the search; The absence of more than two sessions.

Age

No age limit

Gender

Female

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: 100

Randomization (investigator's opinion)

Not randomized

Randomization description

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 Tehran University of Medical Sciences

Street address

School of Nursing and Midwifery, Tehran University of Medical Sciences, Tohid Square, Tehran

City

Tehran

Postal code

Approval date

2013-05-17, 1392/02/27

Ethics committee reference number

130.285.92.3

Health conditions studied

1

Description of health condition studied

Job related stress

ICD-10 code

Z56.4.A56.

ICD-10 code description

Discord with boss and workmates, Uncongenial work
Difficult conditions at work, Other physical and mental strain related to work, Other and unspecified problems related to employment

Primary outcomes

1

Description

Job related stress

Timepoint

Before intervention, three month later intervention

Method of measurement

Hospital stress scale of questionnaire

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: In this group, intervention is offered in 7 sessions of an hour and a half and in the form of lecture about stress management, an hour and fifteen is for training and a quarter of hour is for question and answer. Session are held at intervals of three days. In the first session stress definition, its types, stress signs, stress impacts on individuals lives, relation between stress and diseases, in the second session the relation between personality types and stress and diseases, using of mindfulness techniques to dealt with stress and anxiety, and relaxation techniques. In the third session the definition of time management, its advantages and ways, in the fourth session the definition of anger, motives, individual anger causes, the role of believes in anger, techniques of using the anger inhibitors. In the fifth session the definition of problem solving, declare of the conflict between questions and problem, encounter meaning and the ways of problem encountering, problem solving steps and characteristics of powerful persons in problem solving. In the sixth session, introducing the assertiveness meaning and the ways of its, using to meet conflicts, definition of self-expression, its function, its types and its components and in final session, the passed plans reviewed and final questions and answers have been done.

Category

Other

2

Description

Control group: At first, occupational stress questionnaire is offered and then completed. No intervention is done in this group. Three month later, the questionnaire of Hospital stress scale is offered to individual again.

Category

Other

Zirab

Recruitment centers**1****Recruitment center****Name of recruitment center**

Haj Azizi Jooybar Hospital

Full name of responsible person

Mrs Darayi

Street address

Emam street, Jooybar

City

Jooybar

2**Recruitment center****Name of recruitment center**

Razi Ghaemshahr Hospital

Full name of responsible person

Mrs Noroozi

Street address

Street Yoosef Reza, Ghaemshahr

City

Ghaemshahr

3**Recruitment center****Name of recruitment center**

Emam Ali Amol Hospital

Full name of responsible person

Mrs Roshanayi

Street address

Chamestan Road, Noor Street, Amol

City

Amol

4**Recruitment center****Name of recruitment center**

Shohadaye Behshahr Hospital

Full name of responsible person

Mrs Hasani

Street address

Hasheminezhad Blvd, Behshahr

City

Behshahr

5**Recruitment center****Name of recruitment center**

Shohadaye Zirab Hospital

Full name of responsible person

Mrs Alizade

Street address

Shohadaye Zirab Hospital, Zirab

City**6****Recruitment center****Name of recruitment center**

Emam Hossein Neka Hospital

Full name of responsible person

Mrs Khoshroo

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Enghelab Street, Neka

City

Neka

7**Recruitment center****Name of recruitment center**

Shahid Beheshti Noshahr Hospital

Full name of responsible person

Mrs Berenji

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Sina Street, Noshahr

City

Noshahr

8**Recruitment center****Name of recruitment center**

Emam Khomeini Noor Hospital

Full name of responsible person

Mrs Jafariyan

Street address

Emam Khomeini Street, Noor

City

Noor

9**Recruitment center****Name of recruitment center**

Emam Khomeini Sari Hospital

Full name of responsible person

Mrs Noseir

Street address

Amir Mazandarani Blvd, Sari

City

Sari

Sponsors / Funding sources**1****Sponsor****Name of organization / entity**

Vice chancellor for research, Tehran University of Medical Sciences

Full name of responsible person

Dr Masoud Yoonesian, University of research assistant

Street address

The Sixth Floor, Headquarters of Tehran University of Medical Sciences, Ghods Street, Keshavarz Blvd,

Tehran
City
Tehran
Grant name
-
Grant code / Reference number
-
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
Vice chancellor for research, Tehran University of Medical Sciences
Proportion provided by this source
100
Public or private sector
empty
Domestic or foreign origin
empty
Category of foreign source of funding
empty
Country of origin
Type of organization providing the funding
empty

Person responsible for general inquiries

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Person responsible for updating data

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Sharing plan

Deidentified Individual Participant Data Set (IPD)
empty
Study Protocol
empty
Statistical Analysis Plan
empty
Informed Consent Form
empty
Clinical Study Report
empty
Analytic Code
empty
Data Dictionary
empty