

# 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

+98 21 6105 4216

###### Email address

mpakgohar@razi.tums.ac.ir

##### 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

**Street address**

Enghelab Street, Neka

**City**

Neka

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

Shahid Beheshti Noshahr Hospital

**Full name of responsible person**

Mrs Berenji

**Street address**

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

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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

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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

### Contact

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**Web page address**

## Person responsible for scientific inquiries

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## Person responsible for updating data

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+98 11 3327 9027  
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soltanipanah66@gmail.com  
**Web page address**

## 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*