Clinical Trial Protocol
Iranian Registry of Clinical Trials

07 Nov 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
Minoo 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.د

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

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
Zirab

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
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

Contact

Name of organization / entity

Tehran University of Medical Sciences

Full name of responsible person

Dr Minoo Pakgohar

Position

PhD, Senior faculty of medicine Tehran

Other areas of specialty/work

Street address

Tehran school of nursing and midwifery, Tohid Square,Tehran

City

Tehran

Postal code

Phone

+98 21 6693 7407

Fax

Email

minoo515@yahoo.com; mpakgohar@razi.tums.ac.ir

Web page address

Person responsible for scientific inquiries

Contact

Name of organization / entity

Tehran University of medical sciences

Full name of responsible person

Dr Minoo Pakgohar

Position

PhD in Aging

Other areas of specialty/work

Street address

Tehran School of Nursing and Midwifery, Tohid Square, Tehran

City

Tehran

Postal code

Phone

+98 21 6693 7407

Fax

Email

minoo515@yahoo.com; mpakgohar@tums.ac.ir

Web page address

Person responsible for updating data

Contact

Name of organization / entity

Tehran University of medical sciences

Full name of responsible person

Fatemeh Soltanipanah

Position

Master of midwifery

Other areas of specialty/work

Street address

Building Olive, Golma Road, Sari

City

Sari

Postal code

Phone

+98 11 3327 9027

Fax

Email

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