

Clinical Trial Protocol

Iranian Registry of Clinical Trials

29 Jun 2026

Investigating the effect of narrative exposure therapy on symptoms of depression and post-traumatic stress in nurses with experience working in Corona wards

Protocol summary

Study aim

Investigating the effect of narrative exposure therapy on the symptoms of Dysthymic Disorder and post-traumatic stress in nurses with experience working in corona wards

Design

This is a randomized clinical trial with a control group and a parallel design. This non-blinded study will be conducted on at least 60 qualified nurses. A simple randomization method is used for randomization and the participants are randomly assigned to two intervention and control groups.

Settings and conduct

This study, which will be conducted in Al-Zahra Hospital in Isfahan city, is not blinded. At the beginning of the study, the information collection checklist will be completed by visiting in person in three work shifts, morning, evening, and night. After providing the necessary explanations about the objectives of the research, written informed consent will be obtained from qualified nurses, and depression and post-accident stress questionnaires will be provided to them, and treatment sessions will begin.

Participants/Inclusion and exclusion criteria

Inclusion criteria: Bachelor's and master's degree in nursing; At least 6 months of work experience in the care of patients with corona Exclusion criteria: History of participating in psychotherapy sessions; History of neurological disease

Intervention groups

The intervention group will receive narrative exposure therapy for 6 sessions of 33 minutes once a week. The control group will not receive any intervention.

Main outcome variables

Dysthymia, post-traumatic stress

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20230905059365N1**

Registration date: **2023-09-25, 1402/07/03**

Registration timing: **prospective**

Last update: **2023-09-25, 1402/07/03**

Update count: **0**

Registration date

2023-09-25, 1402/07/03

Registrant information

Name

Zahra Ebrahimi

Name of organization / entity

Isfahan (Khorasgan) Branch ,Islamic Azad University ,Isfahan

Country

Iran (Islamic Republic of)

Phone

+98 31 3777 2298

Email address

z.ebrahimh@khuisf.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2023-10-11, 1402/07/19

Expected recruitment end date

2024-01-09, 1402/10/19

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Investigating the effect of narrative exposure therapy on symptoms of depression and post-traumatic stress in nurses with experience working in Corona wards

Public title

The effect of narrative exposure therapy on symptoms of depression and post-traumatic stress in nurses with experience working in Corona wards.

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria:

Bachelor's and master's degree in nursing At least 6 months of work experience in the care of patients with corona

Exclusion criteria:

History of participating in psychotherapy sessions History of neurological disease

Age

No age limit

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **60**

Randomization (investigator's opinion)

Randomized

Randomization description

Using the simple random method. The names of the participants are written on the card. The cards are put into a box that cannot be seen from outside. One of the colleagues of the plan is asked to remove one card from the container at a time. The names of the 30 cards that are selected first are placed in the first intervention group, the second 8 selected cards are placed in the first control group, and the remaining 8 in the second control group

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 Islamic Azad University, Khorasgan branch

Street address

Vice Chancellor for Research Affairs, University Blvd., Arghwanieh, J Sharghi Street

City

Isfahan

Province

Isfahan

Postal code

8155139998

Approval date

2023-05-20, 1402/02/30

Ethics committee reference number

IR.IAU.KHUISF.REC.1402.062

Health conditions studied

1

Description of health condition studied

Dysthymic Disorder

ICD-10 code

F34.1

ICD-10 code description

Dysthymic disorder

2

Description of health condition studied

post-traumatic stress disorder

ICD-10 code

F43.1

ICD-10 code description

Post-traumatic stress disorder (PTSD)

Primary outcomes

1

Description

Dysthymia

Timepoint

The beginning of the study, the end of the study (6 weeks after the start of the study), one month after the end of the study

Method of measurement

Using depression questionnaire

2

Description

Post-traumatic stress

Timepoint

The beginning of the study, the end of the study (6 weeks after the start of the study), one month after the end of the study

Method of measurement

Using the post-traumatic stress questionnaire

Secondary outcomes

empty

Intervention groups

1

Description

The intervention group will receive narrative exposure therapy for 6 sessions of 33 minutes once a week.

Category

Treatment - Other

2

Description

The control group will not receive any intervention.

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center

Al-Zahra Hospital

Full name of responsible person

Zahra Ebrahimi Hajat Aghaei

Street address

Faculty of Nursing and Midwifery, University Blvd.,
Arghwanieh, J Sharghi Street

City

Isfahahn

Province

Isfahan

Postal code

8155139998

Phone

+98 31 3535 4001

Email

meshkini@miums.ac.ir

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Islamic Azad University, Khorasgan branch

Full name of responsible person

Dr. Majid Meshkini

Street address

Vice Chancellor for Research Affairs, University Blvd.,
Arghwanieh, J Sharghi Street

City

Isfahan

Province

Kermanshah

Postal code

8155139998

Phone

+98 31 3535 4001

Email

meshkini@miums.ac.ir

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Islamic Azad University, Khorasgan branch

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

Address of Islamic Azad University, Khorasgan branch

Full name of responsible person

Zahra Ebrahimi Hajat Aghaei

Position

Master of nursing

Latest degree

Bachelor

Other areas of specialty/work

Nursery

Street address

Faculty of Nursing and Midwifery, University Blvd.,
Arghwanieh, J Sharghi Street

City

Isfahan

Province

Isfahan

Postal code

8155139998

Phone

+98 31 3535 4001

Email

zamofaso@gmail.com

Person responsible for scientific inquiries

Contact

Name of organization / entity

Islamic Azad University, Khorasgan branch

Full name of responsible person

Dr. Maryam Radmehr

Position

University faculty member

Latest degree

Ph.D.

Other areas of specialty/work

Nursery

Street address

Faculty of Nursing and Midwifery, University Blvd.,
Arghwanieh, J Sharghi Street

City

Isfahan

Province

Isfahan

Postal code

8155139998

Phone

+98 31 3535 4001

Email

zamofaso@gmail.com

Person responsible for updating data**Contact****Name of organization / entity**

Address of Islamic Azad University, Khorasgan branch

Full name of responsible person

Zahra Ebrahimi Hajat Aghaei

Position

Nursing master's student

Latest degree

Bachelor

Other areas of specialty/work

Nursery

Street address

Faculty of Nursing and Midwifery, University Blvd.,
Arghwanieh, J Sharghi Street

City

Isfahan

Province

Isfahan

Postal code

8155139998

Phone

+98 31 3535 4001

Email

zamofaso@gmail.com

Sharing plan**Deidentified Individual Participant Data Set (IPD)**

No - There is not a plan to make this available

Justification/reason for indecision/not sharing IPD

There is no further information

Study Protocol

No - There is not a plan to make this available

Statistical Analysis Plan

No - There is not a plan to make this available

Informed Consent Form

No - There is not a plan to make this available

Clinical Study Report

No - There is not a plan to make this available

Analytic Code

No - There is not a plan to make this available

Data Dictionary

No - There is not a plan to make this available