

Clinical Trial Protocol

Iranian Registry of Clinical Trials

14 Jul 2026

Investigating the Impact of the work environment stress management program on the resilience of emergency department nurses

Protocol summary

Study aim

Determining the impact of the workplace stress management program on increasing the resilience of nurses in the emergency department of the selected hospital of Isfahan University of Medical Sciences in 1402

Design

The clinical trial design has a control group with a parallel group without blinding, not randomized on 82 emergency nurses using a randomization table.

Settings and conduct

The study population is all the nurses working in the emergency department of Noor and Ali Asghar educational centre in Isfahan, and the place of study is the emergency room of Noor and Ali Asghar Hospital, and the number of 82 samples is divided into two control and intervention groups using the randomization table. The test group will be subjected to the intervention of the work environment stress management program during 7 sessions of 60-90 minutes per week, two days after the end of the intervention and one month after that, the standard questionnaire of Connor and Davidson resilience scale will be administered by the nurses of both test groups and Control is completed by self-report method.

Participants/Inclusion and exclusion criteria

Inclusion criteria: One year of work experience in the emergency department Not having a history of psychological diseases according to DSM-5 Exclusion criteria: Absence of any unfortunate events during the last six months (death of loved ones, divorce, etc.)

Intervention groups

The study group is divided into two groups, the intervention group receives 7 sessions of 60-90 minutes of stress management training, and the control group does not receive training, and the content of the training is presented to them after completing the study.

Main outcome variables

"Stress management "," Measuring resilience of emergency nurses"

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20231022059812N1**

Registration date: **2023-12-02, 1402/09/11**

Registration timing: **registered_while_recruiting**

Last update: **2023-12-02, 1402/09/11**

Update count: **0**

Registration date

2023-12-02, 1402/09/11

Registrant information

Name

Shima Safazadeh

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 31 3792 7511

Email address

safa_sh58@yahoo.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2023-11-22, 1402/09/01

Expected recruitment end date

2023-12-21, 1402/09/30

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Investigating the Impact of the work environment stress management program on the resilience of emergency department nurses		Faculty of Nursing and Midwifery, Isfahan University of Medical Sciences, Hazar Jarib Street	
Public title	Investigating stress management on nurses' resilience	City	Isfahan
Purpose	Education/Guidance	Province	Isfahan
Inclusion/Exclusion criteria		Postal code	8169634618
Inclusion criteria:	Bachelor's degree in nursing and above One year of work experience in the emergency department Lack of history of participation in retraining courses or educational workshops related to stress management, and stress coping styles in the last 6 months Not having a history of psychological diseases according to DSM-5 and not taking psychiatric drugs based on the nurses' self-report .The absence of any unfortunate events during the last six months (death of loved ones, divorce, etc.) based on the nurses' statements	Approval date	2023-10-18, 1402/07/26
Exclusion criteria:	Absence and non-participation of nurses in two or more sessions Transfer from the emergency department to other departments or leaving the service during the implementation of the intervention Dissatisfaction and unwillingness of nurses to continue working with the researcher at every stage of the study	Ethics committee reference number	IR.MUI.NUREMA.REC.1402.115
Age	No age limit	Health conditions studied	
Gender	Both	1	
Phase	N/A	Description of health condition studied	
Groups that have been masked	No information	Stress management on resilience of emergency department nurses	
Sample size	Target sample size: 82	ICD-10 code	
Randomization (investigator's opinion)	Not randomized	ICD-10 code description	
Randomization description		Primary outcomes	
Blinding (investigator's opinion)	Not blinded	1	
Blinding description		Description	
Placebo	Not used	Resilience score is 25-41 based on Connor and Davidson questionnaire	
Assignment	Parallel	Timepoint	
Other design features		before and immediately after the intervention and one month after the intervention	
Secondary Ids		Method of measurement	
empty		Connor and Davidson questionnaire	
Ethics committees		Secondary outcomes	
1		1	
Ethics committee		Description	
Name of ethics committee		Resilience score based on Connor and Davidson questionnaire	
Ethics Committee of Isfahan University of Medical Sciences		Timepoint	
Street address		before and immediately after the intervention and one month after the intervention	
		Method of measurement	
		Connor and Davidson's questionnaire	
		Intervention groups	
		1	
		Description	
		Before starting the study, the intervention group first completed the questionnaire of the demographic information form and the standard questionnaire of Connor and Davidson's resilience scale (2003) and for them, the intervention of the work environment stress management program was implemented in 7 sessions of 60-90 minutes. The 7 sessions include the first session:	

Assessing the needs of the contacts and the lived experience of working in the stressful environment of the emergency, the second: introducing stress, the third: physical visualization of the stress reaction, the fourth: behaviour and emotion in functional context, the fifth: coping strategies with stress, the sixth: improving resilience and the seventh The classification is in the form of group discussion and questions and answers. At the end (immediately and two months after the intervention), the Connor and Davidson questionnaire will be completed again in the intervention group.

Category

Behavior

2

Description

Control group: After allocating the studied nurses to intervention and control groups, before starting the intervention, the questionnaires of the demographic information form and the standard questionnaire of the resilience scale of Connor and Davidson (2003) are completed by the control group. The control group will not receive any intervention, and after the end of the intervention and one month after that, Connor and Davidson's resilience questionnaire will be completed again by the nurses using the self-report method, and after completing the study of all the items taught to the test group in the form of a training booklet, A control group will also be presented.

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center

Noor and Ali Asghar educational and therapeutic hospital

Full name of responsible person

shima safazadeh

Street address

Ostandari Street

City

Isfahan

Province

Isfahan

Postal code

8174673461

Phone

+98 31 3222 2127

Fax

Email

nour@mui.ac.ir

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Esfahan University of Medical Sciences

Full name of responsible person

Gholamreza Askari

Street address

Research and Technology Vice-Chancellor, Building No. 4, Isfahan University of Medical Sciences and Health Care Services, Hazar Jarib St.

City

Isfahan

Province

Isfahan

Postal code

8174673461

Phone

+98 31 3668 7898

Fax

+98 31 3668 8138

Email

research@mui.ac.ir

Web page address

<https://research.mui.ac.ir/>

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Esfahan University of Medical Sciences

Proportion provided by this source

100

Public or private sector

Private

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

Esfahan University of Medical Sciences

Full name of responsible person

Shima Safazadeh

Position

Instructor, faculty member of Isfahan University of Medical Sciences

Latest degree

Ph.D.

Other areas of specialty/work

Nursery

Street address

Isfahan University of Medical Sciences, Isfahan, Iran

City

Isfahan

Province

Isfahan

Postal code

8174673461

Phone

+98 31 1792 2904

Fax

+98 81 7376 8471

Email

safa_sh58@yahoo.com

Web page address

Person responsible for scientific inquiries

Contact

Name of organization / entity

Esfahan University of Medical Sciences

Full name of responsible person

Shima Safazadeh

Position

Instructor, faculty member of Isfahan University of Medical Sciences

Latest degree

Ph.D.

Other areas of specialty/work

Nursery

Street address

Isfahan University of Medical Sciences, Isfahan, Iran

City

Isfahan

Province

Isfahan

Postal code

8174673461

Phone

+98 31 1792 2904

Email

safa_sh58@yahoo.com

Person responsible for updating data

Contact

Name of organization / entity

Esfahan University of Medical Sciences

Full name of responsible person

Shima Safazadeh

Position

Instructor, faculty member of Isfahan University of Medical Sciences

Latest degree

Ph.D.

Other areas of specialty/work

Nursery

Street address

Isfahan University of Medical Sciences, Isfahan, Iran

City

Isfahan

Province

Isfahan

Postal code

8174673461

Phone

+98 31 1792 2904

Email

safa_sh58@yahoo.com

Sharing plan

Deidentified Individual Participant Data Set (IPD)

Undecided - It is not yet known if there will be a plan to make this available

Study Protocol

Undecided - It is not yet known if there will be a plan to make this available

Statistical Analysis Plan

Not applicable

Informed Consent Form

Undecided - It is not yet known if there will be a plan to make this available

Clinical Study Report

Undecided - It is not yet known if there will be a plan to make this available

Analytic Code

Not applicable

Data Dictionary

Not applicable