Clinical Trial Protocol
Iranian Registry of Clinical Trials

08 Nov 2026

Exploring the perception resilience in front line nurses in COVID-19 and designing, implementation and evaluation an intervention to improve it

Protocol summary

Study aim
Determining the effectiveness of the intervention to improve the level of resilience of nurses working in the COVID-19 wards

Design
Clinical trial with control group, parallel design, single blind, randomized, on 90 nurses. A table of random numbers was used for randomization.

Settings and conduct
From the total number of nurses working in Imam Hasan Hospital in Bojnourd city who meet the criteria for entering the study, the calculated sample size (90 people), the research units in each department were assigned to each of the intervention and control groups by random allocation based on the table of random numbers. Both groups complete Connor Davidson's resilience and Meslich's burnout, and Kessler's psychological distress questionnaires. Nurses in the intervention group will receive a 4-week resilience training program on the web. Nurses of both groups complete resilience and burnout questionnaires in week 4 (after the end of the training program) and one month later. The control group will receive the training program after the end of the second post-test.

Participants/Inclusion and exclusion criteria
Inclusion criteria • Willingness to participate in the study • Having at least a bachelor's degree in nursing • Work experience in the COVID-19 departments . A resilience scores lower than 75 on the Connor Davidson scale - 25. Exclusion criteria: Participation in programs aimed at promoting resilience in the past six months

Intervention groups
The intervention group will receive the resilience-building skills training program online for four weeks. The control group will receive the intervention program after the end of the follow-up (second post-test).

Main outcome variables
Resilience

General information

Reason for update

Acronym

IRCT registration information
IRCT registration number: **IRCT20240222061081N1**
Registration date: **2024-05-19, 1403/02/30**
Registration timing: **registered_while_recruiting**

Last update: **2024-05-19, 1403/02/30**
Update count: **0**

Registration date
2024-05-19, 1403/02/30

Registrant information

Name
Tooba Hoseini Azizi

Name of organization / entity

Country
Iran (Islamic Republic of)

Phone
+98 58 3225 0358

Email address
t-hoseiniazizi@razi.tums.ac.ir

Recruitment status
Recruitment complete

Funding source

Expected recruitment start date
2024-05-19, 1403/02/30

Expected recruitment end date
2024-06-04, 1403/03/15

Actual recruitment start date
empty

Actual recruitment end date
empty

Trial completion date
empty

Scientific title

Exploring the perception resilience in front line nurses in COVID-19 and designing, implementation and evaluation an intervention to improve it

Public title
Improving nurses resilience
Purpose
Education/Guidance
Inclusion/Exclusion criteria
Inclusion criteria:
Willingness to participate in the study Bachelor's degree in nursing Work experience in the COVID-19 departments A resilience score lower than75 of the Connor Davidson scale 25
Exclusion criteria:
Participation in resilience promotion programs in the last year
Age
No age limit
Gender
Both

Phase
N/A
Groups that have been masked
No information
Sample size
Target sample size: **90**
Randomization (investigator's opinion)
Randomized
Randomization description
Nurses who meet the inclusion criteria in each department of the hospital are randomly assigned to the intervention or control group. Randomization is done in such a way that the nurses included in the study are listed in the Excel software in alphabetical order, separately from each hospital department. Equal to the number of nurses eligible to enter in each department, a two-digit number is selected from the table of random numbers and assigned to each code respectively. It is agreed that odd numbers are in the control group and even numbers are in the intervention group. The intervention is participation in the educational program and there is no possibility of blinding the participants and researchers.
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
Nursing and midwifery faculty, Mir Khani street,Towhid square,
City
Tehran
Province
Tehran
Postal code
1419733171
Approval date
2021-05-08, 1400/02/18
Ethics committee reference number
IR.TUMS.FNM.REC.1400.031

Health conditions studied

1

Description of health condition studied
Resilience
ICD-10 code
ICD-10 code description

Primary outcomes

1

Description
resilience
Timepoint
Time 0, 4 week, 8 week
Method of measurement
Connor-Davidson Resilience Scale (CD-RISC) 25

Secondary outcomes

1

Description
Burn out
Timepoint
Time 0, Week 4, Week 8
Method of measurement
Maslach Burnout Inventory (MBI)

Intervention groups

1

Description
Intervention group: They take the resilience building skills training course online for 4 weeks.
Category
Lifestyle

Recruitment centers

1

Recruitment center

Name of recruitment center
Imam Hasan Hospital

Full name of responsible person
Tooba Hoseini Azizi

Street address
Imam Hasan Hospital, Arkan road, Bjnourd, North Khorasan

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North Khorasan

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9453151744

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hoseini.tooba@gmail.com

Web page address
https://imamhasan.nkums.ac.ir/

Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Tehran University of Medical Sciences

Full name of responsible person
Dr Ali Akbari Sari

Street address
Central Organization of the University, 6th floor of Research and Technology Vice-Chancellor, corner of Quds St., Keshavarz Blvd.

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+98 21 8163 3685

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vcr@sina.tums.ac.ir

Web page address
https://vcr.tums.ac.ir/

Grant name

Grant code / Reference number

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

Title of funding source
Tehran University of Medical Sciences

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
Bojnourd University of Medical Sciences

Full name of responsible person
Tooba Hoseini Azizi

Position
lecturer

Latest degree
Master

Other areas of specialty/work
Nursery

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Person responsible for updating data

Contact

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Full name of responsible person

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lecturer

Latest degree

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Nursery

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Sharing plan

Deidentified Individual Participant Data Set (IPD)

Yes - There is a plan to make this available

Study Protocol

Yes - There is a plan to make this available

Statistical Analysis Plan

Yes - There is a plan to make this available

Informed Consent Form

Yes - There is a plan to make this available

Clinical Study Report

Yes - There is a plan to make this available

Analytic Code

Not applicable

Data Dictionary

Not applicable

Title and more details about the data/document

All personal data of participants can be published after de-identification.

When the data will become available and for how long

After the design and data analysis are finished, the documentation will be published as an article.

To whom data/document is available

The data will be available to researchers working in academic and scientific institutions.

Under which criteria data/document could be used

The data will be used only for the purpose of evidence for carrying out retraining and management programs for nurses.

From where data/document is obtainable

Contact the corresponding of this clinical trial via email.

What processes are involved for a request to access data/document

A reply will be given within two weeks after emailing the corresponding person.

Comments