

Clinical Trial Protocol

Iranian Registry of Clinical Trials

02 Jun 2026

Investigating the Effectiveness of Mindfulness Meditation on the Professional Life of Nurses in Selected Military Hospitals

Protocol summary

Study aim

Determining the Effectiveness of Mindfulness Meditation on the Professional Life of Nurses in Selected Military Hospitals

Design

Clinical trial with a control group, with parallel groups, unblinded, randomized, on 52 nurses. The coin toss method will be used for randomization.

Settings and conduct

By referring to the 505 hospital of the Islamic Republic of Iran Army, 52 people are selected by the convenience method among the nurses who have Inclusion criteria, and they are randomly assigned to two intervention and control groups, and blinding is not done.

Participants/Inclusion and exclusion criteria

Inclusion criteria: Being between 20 and 65 years old; At least a bachelor's degree for nurses and a nursing diploma for paramedics; Not participated in similar studies (mindfulness meditation training) in the last three months. Exclusion criteria: Refusal to continue cooperation; Failure to participate in 2 or more training sessions.

Intervention groups

Intervention group: For the educational group, 8 sixty-minute sessions of mind meditation training will be conducted twice a week for a period of one month, face-to-face and using educational pamphlets. Control group: will only receive the usual training.

Main outcome variables

Professional Quality of Life

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20240506061683N1**

Registration date: **2024-05-21, 1403/03/01**

Registration timing: **prospective**

Last update: **2024-05-21, 1403/03/01**

Update count: **0**

Registration date

2024-05-21, 1403/03/01

Registrant information

Name

Elham Memar Haghighi Chianeh

Name of organization / entity

Country

Iran (Islamic Republic of)

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+98 21 8860 0047

Email address

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Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2024-05-30, 1403/03/10

Expected recruitment end date

2024-07-31, 1403/05/10

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Investigating the Effectiveness of Mindfulness Meditation on the Professional Life of Nurses in Selected Military Hospitals

Public title

Investigating the Effectiveness of Mindfulness Meditation on the Professional Life of Nurses

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria:

At least a bachelor's degree for nurses and a nursing diploma for paramedics

Exclusion criteria:

Participation in similar studies (mindfulness meditation training) in the last three months

Age

From **20 years** old to **65 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **52**

Randomization (investigator's opinion)

Randomized

Randomization description

The sampling method will be convenience initially; Then, the samples will be divided into test and control groups by simple random sampling using coin tossing method.

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 Baqiyatallah University of Medical Sciences

Street address

Baqiyatallah Hospital, No. 204, Mollasadra Ave., Vanak Sq

City

Tehran

Province

Tehran

Postal code

1435916471

Approval date

2024-03-16, 1402/12/26

Ethics committee reference number

IR.BMSU.BAQ.REC.1403.002

Health conditions studied**1****Description of health condition studied**

Professional Quality of Life

ICD-10 code

Z56.6

ICD-10 code description

Other physical and mental strain related to work

Primary outcomes**1****Description**

Professional Quality of Life

Timepoint

Before and one month after the intervention

Method of measurement

Figley and Stamm Professional Quality of Life Questionnaire

Secondary outcomes

empty

Intervention groups**1****Description**

Intervention group: For the Intervention group, 8 sixty-minute sessions of mind meditation training will be conducted twice a week for a period of one month, face-to-face and using educational pamphlets.

Category

N/A

2**Description**

Control group: They will only receive routine training.

Category

N/A

Recruitment centers**1****Recruitment center****Name of recruitment center**

505 Aja Hospital

Full name of responsible person

Dr. Vahid Donyavi

Street address

The end of Shahid Mozhdi Boulevard (Oshan), Artesh Highway, Tehran

City

Tehran

Province

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1956944141

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info@scanteb.com

Web page address<https://bima505.ajaums.ac.ir/>**Sponsors / Funding sources****1****Sponsor****Name of organization / entity**

Bagheiat-allah University of Medical Sciences

Full name of responsible person

Dr. Mohammad Ali Khoshnevis

Street addressBaqiyatullah University of Medical Sciences (AS),
Shahid Nosrati Alley, South Sheikh Bahai St, Mulla
Sadra St, Vanak Square**City**

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Grant name**Grant code / Reference number****Is the source of funding the same sponsor organization/entity?**

Yes

Title of funding source

Bagheiat-allah 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**

Bagheiat-allah University of Medical Sciences

Full name of responsible person

Elham Malmir Haghighi Chianeh

Position

Nurse

Latest degree

Bachelor

Other areas of specialty/work

Nursery

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Person responsible for scientific inquiries**Contact****Name of organization / entity**

Bagheiat-allah University of Medical Sciences

Full name of responsible person

Dr. Mohammad Ali Khoshnevis

Position

Associate professor

Latest degree

Ph.D.

Other areas of specialty/work

Nursery

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

Bagheiat-allah University of Medical Sciences

Full name of responsible person

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Position

Nurse

Latest degree

Bachelor

Other areas of specialty/work

Nursery

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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

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

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

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

Data Dictionary

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