

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

10 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)

###### Phone

+98 21 8860 0047

###### Email address

e.haghighi1359@gmail.com

##### 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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**Postal code**

1956944141

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**Email**

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 address**

Baqiyatullah University of Medical Sciences (AS),  
Shahid Nosrati Alley, South Sheikh Bahai St, Mulla  
Sadra St, Vanak Square

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+98 21 8755 0000

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e.haghighi1359@gmail.com

**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

**Street address**

Baqiyatullah University of Medical Sciences (AS),  
Shahid Nosrati Alley, South Sheikh Bahai St, Mulla  
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e.haghighi1359@gmail.com

## 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**

Elham Malmir Haghighi Chianeh

**Position**

Nurse

**Latest degree**

Bachelor

**Other areas of specialty/work**

Nursery

**Street address**

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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