

Clinical Trial Protocol

Iranian Registry of Clinical Trials

02 Jun 2026

Investigating the effect of narrative medicine education (through the lens of nursing) on self-compassion and understanding the dimensions of care in nursing students

Protocol summary

Study aim

Determining the Impact of Narrative Medicine Education (through the lens of nursing) on Self-Compassion and Understanding the Dimensions of Care in Nursing Students

Design

The present study will employ a quasi-experimental design with two groups: a control group and an experimental group, utilizing a pre-test/post-test format. Sampling will be conducted through convenience sampling. Simple randomization will be used for the allocation of intervention/control groups.

Settings and conduct

The research environment will be the School of Nursing and Midwifery and the hospitals affiliated with Shahid Beheshti University of Medical Sciences.

Participants/Inclusion and exclusion criteria

Population: Nursing students in their first or second semester who are taking the Nursing Principles and Skills Internship course for the first time. Sample: First-semester nursing students at the School of Nursing and Midwifery, Shahid Beheshti University of Medical Sciences, admitted in October 2024, groups A and B, who are taking the Nursing Principles and Skills Internship course for the first time and meet the entry criteria.

Intervention groups

Intervention Group consists of First-semester nursing students (in groups A or B: selected by random assignment) who will receive the Nursing Principles and Skills Internship training integrated with narrative medicine and Control Group will receive this course according to the standard curriculum of the school. Both groups will consist of 8-12 members each. Initial information, self-compassion, and understanding the dimensions of care questionnaires will be completed once before the start of the internship and once at the end of the tenth (final) shift.

Main outcome variables

Self-Compassion; Understanding the Dimensions of Care

General information

Reason for update

Improving the randomization of groups

Acronym

IRCT registration information

IRCT registration number: **IRCT20230306057638N1**

Registration date: **2024-08-15, 1403/05/25**

Registration timing: **prospective**

Last update: **2024-08-16, 1403/05/26**

Update count: **1**

Registration date

2024-08-15, 1403/05/25

Registrant information

Name

Negin Farid

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 912 006 1201

Email address

n.farid@sbmu.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2024-11-21, 1403/09/01

Expected recruitment end date

2025-02-18, 1403/11/30

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Investigating the effect of narrative medicine education (through the lens of nursing) on self-compassion and understanding the dimensions of care in nursing students

Public title

The effect of narrative medicine education in nursing students

Purpose

Education/Guidance

Inclusion/Exclusion criteria**Inclusion criteria:**

Ability to communicate in Persian. Taking the course on Principles and Skills of Nursing (theoretical and practical) and the related internship for the first time in course selection (without prior experience in course completion).

Exclusion criteria:

Students who have had or currently have any duration of experience in clinical therapeutic work. Students who, after the initiation of the research process, refuse to complete the questionnaires at any stage or complete them incompletely. Students who completed fewer than 9 out of 10 internship shifts in the hospital due to justified or unjustified absences. Students who change their major, or resign from their academic program during their course of study. Students who pass away during their course of study.

Age

From **18 years** old

Gender

Both

Phase

N/A

Groups that have been masked

- Data analyser

Sample size

Target sample size: **60**

Randomization (investigator's opinion)

Randomized

Randomization description

Students admitted to the Bachelor of Nursing program for the academic year 1403 (2024) will be divided into two relatively balanced classes, A and B, upon their initial enrollment at the university. This division will be based on the arrangement of the school, and the research team will adhere to the guidelines established by the esteemed educational unit. The allocation of individuals to intervention and control groups will be conducted through simple randomization in three stages: 1. First Stage of Randomization: The assignment of intervention/control to classes A and B will be determined by a coin toss. (Rationale: This is to reduce the exposure of students in the intervention groups to those in the control groups.) 2. Second Stage: Thirty

students from each group, A and B, will be randomly selected independently. (In total, 60 students will be involved, but the groups will not be mixed.) (Rationale: This ensures that all students from classes A and B can potentially participate in the study.) 3. Third Stage: Each of the selected students from groups A and B, whose allocation to intervention and control groups has now been determined, will be randomly divided into groups of 8 to 12 for clinical training in the hospital. (In this stage, due to the importance of fostering a friendly atmosphere in team-based clinical education, efforts will be made to accommodate student preferences as much as possible.) Gender balance (male/female) will be maintained throughout all stages of randomization.

Blinding (investigator's opinion)

Single blinded

Blinding description

Due to the educational nature of the study, only the statistical analyst will be blinded.

Placebo

Not used

Assignment

Parallel

Other design features**Secondary Ids**

empty

Ethics committees**1****Ethics committee****Name of ethics committee**

Research Ethics Committees of School of Pharmacy and Nursing & Midwifery- Shahid Beheshti University

Street address

Intersection of Valiasr St. and Niayesh Highway, in front of Rajaei Hospital, Tehran

City

Tehran

Province

Tehran

Postal code

1996835119

Approval date

2024-08-05, 1403/05/15

Ethics committee reference number

IR.SBMU.PHARMACY.REC.1403.127

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

Internship will take place in the internal-surgery departments of hospitals, focusing on patients with internal and surgical issues.

ICD-10 code**ICD-10 code description**

Primary outcomes

1

Description

self-compassion

Timepoint

Before the intervention, after the end of the tenth (last) internship shift.

Method of measurement

Neff self-compassion questionnaire (2003)

2

Description

Caring Dimensions Inventory

Timepoint

Before the intervention, after the end of the tenth (last) internship shift.

Method of measurement

Caring Dimensions Inventory-35: CDI-35_Watson

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: The main theoretical topics of the intervention group training will include: What is narrative medicine? (Origins and sources of narrative medicine, filling the gaps in healthcare, characteristics of narrative in medical sciences), the stories of illnesses (recounting life stories, patient-body-self), development of narrative competencies (close reading, attention-representation-dependence, parallel diagrams), and the benefits of narrative medicine (testifying, bioethical considerations in narrative medicine, narrative perspectives for healthcare). Initially, theoretical concepts will be explored using methods such as brainstorming and flipped classrooms. This will be followed by practical training through role-playing, observation and critique of related films and literature, group discussions, team-based learning, and scenario-based training. Finally, education will take place at the bedside of patients. The goal is to practice and learn the application of narrative medicine and its components in relation to real patients. To foster intimacy and create a pleasant educational atmosphere while avoiding monotony, diverse teaching methods will be employed, alongside additional strategies such as learning cafés or working breakfasts. It is understood that short-term feedback will be provided to students during clinical exercises. Assessment will be cumulative and progressive, with instruction conducted by both the supervising instructor and the researcher (student).

Category

Treatment - Other

2

Description

Control group: In the control group, trained instructors will be responsible for conducting the training according to the routine lesson plan of the school. In all groups of the control group, a pre-test will be administered at the beginning of the first day of the internship, and a post-test will be completed by the end of the tenth day.

Category

Treatment - Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Hospitals affiliated with Shahid Beheshti University of Medical Sciences.

Full name of responsible person

Negin Farid

Street address

The hospitals of Ayatollah Taleghani, Loqman Hakim, Imam Hossein, Labafinejad, and Shohada-e-Tajrish (each in accordance with the planning of the school).

City

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Phone

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Email

n.farid@sbmu.ac.ir

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Shahid Beheshti University of Medical Sciences

Full name of responsible person

Afshin Zarghi

Street address

5th Floor, Building 2 Headquarters - Vice Presidency for Research and Technology - Shahid Beheshti University of Medical Sciences and Health Services - Next to Taleghani Hospital - Shahid Abbas A'arabi (Parvaneh) Street - Yemen Street - Shahid Chamran Expressway.

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Province

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info@sbmu.ac.ir

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Shahid Beheshti 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

Shahid Beheshti University of Medical Sciences

Full name of responsible person

Negin Farid

Position

MSc student in medical surgical nursing

Latest degree

Master

Other areas of specialty/work

Nursery

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Person responsible for scientific inquiries

Contact

Name of organization / entity

Shahid Beheshti University of Medical Sciences

Full name of responsible person

Fariba Borhani

Position

Professor, School of Nursing and Midwifery, Shahid Beheshti University of Medical Sciences

Latest degree

Ph.D.

Other areas of specialty/work

Nursery

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Person responsible for updating data

Contact

Name of organization / entity

Shahid Beheshti University of Medical Sciences

Full name of responsible person

Negin Farid

Position

MSc student in medical surgical nursing

Latest degree

Master

Other areas of specialty/work

Nursery

Street address

Intersection of Valiasr St. and Niayesh Highway, in front of Rajaei Hospital, Tehran

City

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Postal code

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Phone

0989120061201

Email

n.farid@sbmu.ac.ir

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

Yes - There is a plan to make this available

Statistical Analysis Plan

Not applicable

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

The study protocol, informed consent forms, and the study report will be published in full.

When the data will become available and for how

long

Once the article has been submitted to the journal and indexed in the appropriate databases, it will be made accessible.

To whom data/document is available

Without limitation.

Under which criteria data/document could be used

There are no restrictions, provided that copyright is respected and the source is cited."

From where data/document is obtainable

Email to the first author: Ms. Negin Farid Email: neginfarid.79@gmail.com In case of no response:

n.farid@sbmu.ac.ir

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

In order to access the protocol of the researcher's version and the study report, it is necessary for the applicant to email Ms. Farid with his/her details, including first and last name, affiliation, reason for needing the file, and his/her contact number. If allowed by the research team and under the condition of respecting the copyright, it will be available to them within a week.

Comments