Clinical Trial Protocol
Iranian Registry of Clinical Trials

08 Nov 2026

The effect of mindfulness-based stress reduction program on midwives' quality of life and productivity

Protocol summary

Study aim
The effect of mindfulness-based stress reduction program on midwives' quality of life and productivity

Design
This study is a clinical trial. By referring to the hospitals affiliated to Tehran University of Medical Sciences, 80 midwives working in these hospitals are selected by available sampling method. Without blinding, sampling is done in a simple random manner. To prevent contamination, both quality of life and human resource productivity questionnaires will be completed at the beginning of the research and again 12 weeks later by members of the control group. Then intervention and training will be provided to the members of the intervention group.

Settings and conduct
Hospitals of Tehran University of Medical Sciences where participants are randomly selected.

Participants/Inclusion and exclusion criteria
Inclusion: informed consent to participate in the study, having at least a bachelor's degree in midwifery, having at least 6 months of midwifery work experience in a hospital and not participating in training classes focused on mindfulness and stress management. Exit: Completion of working years permanently or temporarily/Failure to participate in intervention sessions Not doing homework related to each training session The occurrence of any unpleasant incident for the people of the intervention group during the sessions or during the 12-week follow-up

Intervention groups
Intervention group:40 midwives working in hospitals affiliated to Tehran University of Medical Sciences with written consent and willingness to participate in the study and receive educational interventions of mindfulness program based on stress reduction. Control group: 40 midwives working in Hospitals affiliated to Tehran University of Medical Sciences that do not receive any kind of educational intervention.

Main outcome variables
Quality of life and Productivity

General information

Reason for update
Acronym
IRCT registration information
IRCT registration number: **IRCT20241111063671N1**
Registration date: **2024-11-15, 1403/08/25**
Registration timing: **prospective**

Last update: **2024-11-15, 1403/08/25**
Update count: **0**

Registration date
2024-11-15, 1403/08/25

Registrant information
Name
Kimia Sorourirad
Name of organization / entity
Country
Iran (Islamic Republic of)
Phone
+98 21 7710 8272
Email address
kimiaraad098@gmail.com

Recruitment status
Recruitment complete
Funding source

Expected recruitment start date
2024-11-21, 1403/09/01
Expected recruitment end date
2025-01-20, 1403/11/01
Actual recruitment start date
empty
Actual recruitment end date
empty

Trial completion date
empty

Scientific title
The effect of mindfulness-based stress reduction program on midwives' quality of life and productivity

Public title
The effect of mindfulness-based stress reduction program on quality of life and productivity

Purpose
Education/Guidance

Inclusion/Exclusion criteria

Inclusion criteria:
Informed consent for participation in the study Having at least a bachelor's degree in midwifery Having at least 6 months of midwifery experience in the hospital Lack of participation in educational classes focusing on mindfulness and stress management

Exclusion criteria:

Age
No age limit

Gender
Female

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **80**

Randomization (investigator's opinion)
Randomized

Randomization description
The samples will be placed in two intervention and control groups by simple randomization method and using lottery cards. In this way, each person randomly chooses one of the "A" or "B" cards that are inside the envelope. If the card is "A", the person will be in the control group, and if the card is "B", the person will enter the intervention group.

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 Nursing and Midwifery Faculty and Rehabilitation Faculty of Tehran University of

Street address
PO Box 6459,Dr Mirkhani St.(Eastern Nusrat),Tohid Square

City
Tehran

Province
Tehran

Postal code
6459

Approval date
2024-11-06, 1403/08/16

Ethics committee reference number
IR.TUMS.FNM.REC.1403.141

Health conditions studied

1

Description of health condition studied
midwives

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description
Quality of life and productivity

Timepoint
Before the intervention, immediately after the end of the sessions and 12weeks after intervention

Method of measurement
Using the standard questionnaire of quality of life and productivity

Secondary outcomes

empty

Intervention groups

1

Description
Intervention group: Intervention group: The intervention group participates in 8 sessions of 40-60 minutes twice a week and receives training, then immediately after the sessions and then 12 weeks after the intervention, the quality of life and productivity questionnaire is completed again.

Category
Other

Recruitment centers

1

Recruitment center

Name of recruitment center
Bharloo Hospital

Full name of responsible person

kimia Sorourirad

Street address

تهران - میدان راه آهن - خیابان بهداری

City

Tehran

Province

Tehran

Postal code

13399 73111

Phone

+98 21 5564 8189

Email

baharloo@sina.tums.ac.ir

2

Recruitment center

Name of recruitment center

Arash hospital

Full name of responsible person

kimia Sorourirad

Street address

Resalat highway, after Shahid Bagheri highway, Shahid Baghdarnia St. (Rashid Shamali), corner of 162 Alley (Shahid Abdul Majid)

City

tehran

Province

Tehran

Postal code

1653915981

Phone

+98 21 7788 3283

Fax

Email

hosp_arash@tums.ac.ir

3

Recruitment center

Name of recruitment center

Mohib Yas Hospital

Full name of responsible person

kimia Sorourirad

Street address

Tehran Province, Tehran, District 7, N Villa Rd, PC97+9R2

City

tehran

Province

Tehran

Postal code

1598718311

Phone

+98 21 4216 0000

Email

h-yas-ece@tums.ac.ir

4

Recruitment center

Name of recruitment center

Ziaian Hospital

Full name of responsible person

kimia sorourirad

Street address

Tehran - Qazvin street, Qapan intersection, Abuzar square, twenty meters away from Abuzar

City

tehran

Province

Tehran

Postal code

1366736511

Phone

+98 21 5517 6810

Email

ziaeian@tums.ac.ir

5

Recruitment center

Name of recruitment center

Shariati hospital

Full name of responsible person

kimia sorourirad

Street address

Tehran, North Kargar St., Serah Jalal Al Ahmad, in front of Faculty of Economics

City

tehran

Province

Tehran

Postal code

1411713135

Phone

+98 21 8490 1000

Email

shariatihosp@tums.ac.ir

6

Recruitment center

Name of recruitment center

Imam Khomeini Hospital Complex

Full name of responsible person

kimia sorourirad

Street address

Imam Khomeini Hospital Complex, end of Keshavarz Boulevard, Tehran

City

tehran

Province

Tehran

Postal code

۱۴۱۹۷۳۳۱۴۱

Phone

+98 21 6119 2414

Email

Imamhospital@tums.ac.ir

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Tehran University of Medical Sciences
Full name of responsible person
دکتر محمد علی صحراییان
Street address
No23,Valiasr Avenue,Dameshgh Street
City
tehran
Province
Tehran
Postal code
1419733171
Phone
+98 21 3618 5863
Email
narges.3161396@gmail.com
Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
No
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
Tehran University of Medical Sciences
Full name of responsible person
kimia sorourirad
Position
Master student of midwifery
Latest degree
Bachelor
Other areas of specialty/work
Midwifery
Street address
No. 192, No. 8, Nabash Yas, Kotsar town, Babaei highway, Tehran
City
tehran
Province
Tehran
Postal code
1698765991
Phone
+98 21 7710 8272
Email
kimiaraad098@gmail.com

Person responsible for scientific inquiries

Contact
Name of organization / entity
Tehran University of Medical Sciences
Full name of responsible person
kimia sorourirad
Position
Master student of midwifery
Latest degree
Bachelor
Other areas of specialty/work
Midwifery
Street address
No. 192, No. 8, Nabash Yas, Kotsar town, Babaei highway, Tehran
City
tehran
Province
Tehran
Postal code
1698765991
Phone
+98 21 7710 8272
Email
kimiaraad098@gmail.com

Person responsible for updating data

Contact
Name of organization / entity
Tehran University of Medical Sciences
Full name of responsible person
kimia sorourirad
Position
master student of midwifery
Latest degree
Bachelor
Other areas of specialty/work
Midwifery
Street address
No. 192, No. 8, Nabash Yas, Kotsar town, Babaei highway, Tehran
City
tehran
Province
Tehran
Postal code
1698765991
Phone
+98 21 7710 8272
Email
kimiaraad098@gmail.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

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