Clinical Trial Protocol
Iranian Registry of Clinical Trials

08 Nov 2026

The impact of selected Stoic teachings on the spiritual well-being of nurses

Protocol summary

Study aim
Determining the impact of Stoic teachings on the spiritual well-being of nurses

Design
A randomized clinical trial with a control group, without blinding, with a sample size of 66 people (33 people in each group), using a simple permutation blocking method for random allocation.

Settings and conduct
To implement the intervention in the intervention group, the purpose of the intervention was first explained in a face-to-face session. The educational content was developed under the supervision of specialized consulting professors from relevant sources. The training was presented in the form of eight educational podcast sessions in the virtual space using the Yes application. In this way, according to the educational program, a podcast was uploaded each week and the subjects followed up to listen to the educational podcast in the same week. The eighth session was a summary of the topics of the educational program. In this session, a discussion and dialogue about the proposed materials was held virtually and the nurses' questions were answered. One week after the intervention, the spiritual well-being scale was completed again in the study groups.

Participants/Inclusion and exclusion criteria
Having at least a bachelor's degree, informed consent, and at least 6 months of work experience.

Intervention groups
Stoic teachings will be presented to the intervention group in eight half-hour sessions in the form of a podcast.

Main outcome variables
Spiritual wellbeing

General information

Reason for update

Acronym

IRCT registration information
IRCT registration number: **IRCT20240506061676N2**
Registration date: **2025-03-05, 1403/12/15**
Registration timing: **retrospective**

Last update: **2025-03-05, 1403/12/15**
Update count: **0**

Registration date
2025-03-05, 1403/12/15

Registrant information

Name
Mohammad Esmaeelzadeh

Name of organization / entity

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Iran (Islamic Republic of)

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Recruitment status
Recruitment complete

Funding source

Expected recruitment start date
2024-08-22, 1403/06/01

Expected recruitment end date
2025-01-20, 1403/11/01

Actual recruitment start date
2024-08-22, 1403/06/01

Actual recruitment end date
2025-01-20, 1403/11/01

Trial completion date
2025-01-20, 1403/11/01

Scientific title
The impact of selected Stoic teachings on the spiritual well-being of nurses

Public title
Impact of stoic teachings on the spiritual well-being of nurses
Purpose
Supportive
Inclusion/Exclusion criteria
Inclusion criteria:
Informed consent to participate in research Having at least a bachelor's degree Work experience at least 6 months
Exclusion criteria:
Having a history of taking psychoactive drugs Having a history of substance abuse Having a history of taking stress management courses and other similar intervention courses
Age
No age limit
Gender
Both

Phase
N/A
Groups that have been masked
No information
Sample size
Target sample size: **66**
Actual sample size reached: **66**
Randomization (investigator's opinion)
Randomized
Randomization description
The random block method will be as follows: 1)The size of each block will be 4. 2)All possible balanced combinations will be written with 2 control cases and 2 intervention cases. (20 combinations) 3)Blocks are randomly selected to allocate the participants.
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 Birjand University of Medical Sciences
Street address
Ghafari Blvd., Birjand University of Medical Sciences
City
Birjand
Province
South Khorasan
Postal code
9717853577
Approval date
2024-10-14, 1403/07/23
Ethics committee reference number
IR.BUMS.REC.1403.225

Health conditions studied

1

Description of health condition studied
Spiritual Wellbeing
ICD-10 code
ICD-10 code description

Primary outcomes

1

Description
Spiritual Wellbeing
Timepoint
Before the intervention and one week after the intervention
Method of measurement
Spiritual Well-Being Scale (Paloutzian and Ellison, 1982)

Secondary outcomes

empty

Intervention groups

1

Description
Intervention group: Stoic teachings were presented to the intervention group in eight half-hour sessions in the form of a podcast under the supervision of the professors of the Department of Nursing and Philosophy.
Category
Lifestyle

2

Description
Control group: After completing the study, the podcasts will be given to the control group.
Category
Lifestyle

Recruitment centers

1

Recruitment center
Name of recruitment center
Birjand University of Medical Sciences
Full name of responsible person
Dr.Mahmoud Ganjifard
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Sponsors / Funding sources

1

Sponsor
Name of organization / entity
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Dr. Masoud Yousefi
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Ghafari Street, Birjand, South Khorasan, Iran.
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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
Birjand 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
Birjand University of Medical Sciences
Full name of responsible person
Mohammad Esmaeelzadeh
Position
Master Degree Student
Latest degree
Bachelor
Other areas of specialty/work
Nursery
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Person responsible for updating data

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Sharing plan

Deidentified Individual Participant Data Set (IPD)
No - There is not a plan to make this available
Justification/reason for indecision/not sharing IPD
Due to ethical issues, we have no plans to publish the data file.
Study Protocol
No - There is not a plan to make this available
Statistical Analysis Plan
No - There is not a plan to make this available
Informed Consent Form
No - There is not a plan to make this available
Clinical Study Report
No - There is not a plan to make this available
Analytic Code
No - There is not a plan to make this available
Data Dictionary
No - There is not a plan to make this available