

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

10 Jun 2026

### The Effect of Spiritual Health Intervention on Safe Nursing Care and Job Burnout of Nurses of Intensive Care Units

#### Protocol summary

##### Study aim

This study aims to evaluate the effect of a spiritual health intervention on job burnout and safe nursing care among nurses employed in the intensive care units of educational hospitals of Shahrekord University of Medical Sciences in 2025-2026

##### Design

This study is a randomized, controlled, parallel-group clinical trial conducted among 80 nurses working in intensive care units. Randomization of participants will be performed using a dice-rolling method.

##### Settings and conduct

The sample will consist of 80 nurses working in intensive care units (ICUs), selected through convenience sampling and randomly assigned to either the intervention or control group. Initially, all participants will complete the study questionnaires. The control group will then receive routine training, while the intervention group will undergo a spiritual health intervention program based on the Sound Heart model, conducted as five 90-minute group sessions held in the classrooms of Ayatollah Kashani and Hajar Hospitals in Shahrekord over five consecutive weeks. Finally, one month and three months after the intervention, both groups will again complete the questionnaires.

##### Participants/Inclusion and exclusion criteria

1. Written informed consent for participation in the study must be provided by the participants.
2. Nurses must have at least one year of work experience in intensive care units.
3. Participants must not have a prior history of attending any specific training programs related to the sound heart model of spiritual care.
4. A minimum of a Bachelor's degree in Nursing is mandatory for study participants.

##### Intervention groups

The intervention group will participate in a five-session educational program on spiritual health, based on the Sound Heart model. In contrast, the control group will receive only the standard routine training provided by

the hospital.

##### Main outcome variables

Job burnout, Safe nursing care

#### General information

##### Reason for update

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT20240806062674N2**

Registration date: **2025-09-18, 1404/06/27**

Registration timing: **prospective**

Last update: **2025-09-18, 1404/06/27**

Update count: **0**

##### Registration date

2025-09-18, 1404/06/27

##### Registrant information

##### Name

Farshad Heidari

##### Name of organization / entity

##### Country

Iran (Islamic Republic of)

##### Phone

+98 38 3333 0061

##### Email address

heidari.f@skums.ac.ir

##### Recruitment status

**Recruitment complete**

##### Funding source

##### Expected recruitment start date

2025-10-23, 1404/08/01

##### Expected recruitment end date

2026-02-20, 1404/12/01

##### Actual recruitment start date

empty

##### Actual recruitment end date

empty

**Trial completion date**  
empty

**Scientific title**  
The Effect of Spiritual Health Intervention on Safe Nursing Care and Job Burnout of Nurses of Intensive Care Units

**Public title**  
The Effect of Spiritual Health Intervention on Safe Nursing Care and Job Burnout of Nurses

**Purpose**  
Supportive

**Inclusion/Exclusion criteria**  
**Inclusion criteria:**  
1. Written informed consent for participation in the study must be provided by the participants.2. Nurses must have at least one year of work experience in intensive care units..3. A minimum of a Bachelor's degree in Nursing is mandatory for study participants.  
**Exclusion criteria:**  
3. Participants must not have a prior history of attending any specific training programs related to sound heart spiritual care

**Age**  
No age limit

**Gender**  
Both

**Phase**  
N/A

**Groups that have been masked**  
*No information*

**Sample size**  
Target sample size: **80**

**Randomization (investigator's opinion)**  
Randomized

**Randomization description**  
Sample randomization in this study will be conducted using a dice-rolling method. For this purpose, the researcher will assign odd numbers (i.e., 1, 3, and 5) to the control group and even numbers (i.e., 2, 4, and 6) to the intervention group. Then, after obtaining informed consent, the researcher will roll the dice and assign the participant to either the control or test group as described. This process will continue until the calculated sample size is reached for both groups.

**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**

Research Ethics Committees of Shahrekord University of Medical Sciences

**Street address**

Shahrekord University of Medical Sciences, Kashani Blvd., Shahrekord, Iran

**City**

Shahrekord

**Province**

Chahar-Mahal-va-Bakhtiari

**Postal code**

۸۸۱۵۷۱۳۴۷۱

**Approval date**

2025-05-20, 1404/02/30

**Ethics committee reference number**

IR.SKUMS.REC.1404.036

## Health conditions studied

1

**Description of health condition studied**

nurses working in Intensive Care Units

**ICD-10 code**

**ICD-10 code description**

## Primary outcomes

1

**Description**

The score of Job Burnout in the Maslach Burnout Inventory (MBI)

**Timepoint**

Before, one month, and three months after the intervention.

**Method of measurement**

The Maslach Burnout Inventory (MBI) is the most widely used instrument for assessing occupational burnout in individuals with diverse job and professional backgrounds. This questionnaire consists of 22 items scored on a Likert scale from 0 (never) to 6 (very often) and includes three subscales: emotional exhaustion, depersonalization, and personal accomplishment. The total score ranges from 0 to 132, with higher scores indicating greater burnout severity.

## Secondary outcomes

1

**Description**

The score obtained from the Safe Nursing Care Tool in the Intensive Care Unit

**Timepoint**

Before the intervention, one month after the

intervention, and three months after the intervention

### Method of measurement

To assess safe nursing care, the Safe Nursing Care Tool in the Intensive Care Unit, designed and validated by Tajri et al. (2024), will be used. This instrument consists of 42 items across four subscales: Professional behavior through adherence to guidelines, Comprehensive care, Accurate documentation, Pressure ulcer care. The items are scored on a 5-point Likert scale. Given the 42 items, the total possible score ranges from a minimum of 42 (if a respondent answers "Never" to all items) to a maximum of 210 (if a respondent answers "Always" to all items). A higher total score indicates a higher level of safe nursing care provided.

## Intervention groups

### 1

#### Description

Intervention group: The intervention group will receive a spiritual health intervention program based on the Sound Heart model. This program covers topics such as: building rapport and trust, enhancing spiritual knowledge, coping and adaptation, developing self-connection, strengthening connection with God, fostering social relationships, drawing inspiration from creation, motivation and values, and behavioral intention and self-control. The content will be delivered in five weekly 90-minute group sessions held in hospital classrooms. Each session will begin with a 20-minute review of the previous material, followed by the presentation of new content. The educational material is based on the Spiritual Health Guidebook for Students and Healthcare Staff. To ensure follow-up and address participants' questions, members of the intervention group will be added to a WhatsApp group created by the researcher, who will remain available for support and clarification throughout the program

#### Category

Behavior

### 2

#### Description

Control group: Nurses employed in intensive care units assigned to the control group will receive only the routine training provided by the hospitals and will not participate in any additional educational programs.

#### Category

Behavior

## Recruitment centers

### 1

#### Recruitment center

##### Name of recruitment center

Kashani Hospital of Shahrekord

##### Full name of responsible person

Farshad Heidari

##### Street address

Kashani Blvd., Shahrekord, Iran

##### City

Shahrekord

##### Province

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##### Phone

+98 38 3333 0061

##### Email

Heidari.f@skums.ac.ir

##### Web page address

<https://en.skums.ac.ir/page-enmain/en/0/form/pld22978>

### 2

#### Recruitment center

##### Name of recruitment center

Hajar Hospital

##### Full name of responsible person

Farshad Heidari

##### Street address

Kashani Blvd., Shahrekord, Iran

##### City

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##### Province

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## Sponsors / Funding sources

### 1

#### Sponsor

##### Name of organization / entity

Shahre-kord University of Medical Sciences

##### Full name of responsible person

Akbar Soleimani

##### Street address

Kashani Blvd., Shahrekord, Iran

##### City

Shahrekord

##### Province

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Heidari.f@skums.ac.ir

#### Grant name

#### Grant code / Reference number

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

Yes

#### Title of funding source

Shahre-kord 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**  
Shahre-kord University of Medical Sciences  
**Full name of responsible person**  
Farshad Heidari  
**Position**  
Associate professor  
**Latest degree**  
Ph.D.  
**Other areas of specialty/work**  
Nursery  
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## Person responsible for scientific inquiries

### Contact

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## Person responsible for updating data

### Contact

**Name of organization / entity**  
Shahre-kord University of Medical Sciences  
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**Position**  
Associate professor  
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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

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

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