Clinical Trial Protocol
Iranian Registry of Clinical Trials

31 Oct 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

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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

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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

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https://en.skums.ac.ir/page-enmain/en/0/form/pId22978

2

Recruitment center

Name of recruitment center

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Full name of responsible person

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Shahre-kord University of Medical Sciences

Full name of responsible person

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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

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 updating data

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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