

Clinical Trial Protocol

Iranian Registry of Clinical Trials

16 Sep 2026

Investigating the effects of coping strategies with stress on stress and occupational burnout of nurses

Protocol summary

Summary

This study which is a clinical trial is designed to evaluate the effects of training in coping strategies with stress on stress and occupational burnout of nurses. A total of 60 nurses with a bachelor degree and above, having more than one year of clinical experience and working in different therapeutic wards with patients without chronic mental illness, and who are not in the grief of losing their first-degree relatives, participate in the study. Participants are divided into two groups based on the random numbers. Nurses in the Intervention group will undergo 10 sessions of training in cognitive group therapy. Demographic information, work stress, occupational burnout and general health of participants will be evaluated before training, immediately and one month after training. Results will be compared between two groups.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT201604178177N14**

Registration date: **2016-06-09, 1395/03/20**

Registration timing: **registered_while_recruiting**

Last update:

Update count: **0**

Registration date

2016-06-09, 1395/03/20

Registrant information

Name

Mohammad Javad Fatemi

Name of organization / entity

Burn Research Center of Tehran University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 21 8888 4275

Email address

mj-fatemi@sina.tums.ac.ir

Recruitment status

Recruitment complete

Funding source

Iran University of Medical Sciences

Expected recruitment start date

2016-05-04, 1395/02/15

Expected recruitment end date

2016-09-05, 1395/06/15

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Investigating the effects of coping strategies with stress on stress and occupational burnout of nurses

Public title

Investigating the effects of coping strategies with stress on stress and occupational burnout of nurses

Purpose

Other

Inclusion/Exclusion criteria

Inclusion criteria: having an educational degree of higher than Master Degree; having more than one year of clinical experience; working in different parts of the health care Exclusion criteria: having chronic physical and mental illness; taking drugs affecting mental system; passing less than six months after the death of one of the first-degree relatives (father, mother, spouse and child)

Age

No age limit

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: 60

Randomization (investigator's opinion)

Randomized

Randomization description**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**

Iran University of Medical Sciences

Street address

Tehran, Central building of the University of Medical Sciences

City

Tehran

Postal code**Approval date**

2016-04-26, 1395/02/07

Ethics committee reference number

IR.IUMS.REC.1393-25066

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

The connection between coping strategies with stress and occupational burnout of nurses

ICD-10 code**ICD-10 code description****Primary outcomes****1****Description**

Stress

Timepoint

Before training, immediately and one month after training

Method of measurement

Job Stress questionnaire

2**Description**

Occupational burnout

Timepoint

Before training, immediately and one month after training

Method of measurement

Maslach questionnaire

Secondary outcomes**1****Description**

General health

Timepoint

Before the first training session and after the last training session

Method of measurement

General Health questionnaire

Intervention groups**1****Description**

Intervention group: ten sessions of cognitive therapy training every week in two hours

Category

Lifestyle

2**Description**

Control group: nurses do not participate in training sessions

Category

Lifestyle

Recruitment centers**1****Recruitment center****Name of recruitment center**

Hazrat Fatima Hospital

Full name of responsible person

Touran Baghery

Street address

Burn research center, Shahid Motahari hospital, Rashid Yasemi street, Valiasr street

City

Tehran

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Vice Chancellor for research of Iran University of Medical Sciences

Full name of responsible person

Ali Javad Mosavi

Street address

Tehran, Central building of the University of Medical Sciences

City

Tehran

Grant name**Grant code / Reference number****Is the source of funding the same sponsor organization/entity?**

Yes

Title of funding source

Vice Chancellor for research of Iran University of Medical Sciences

Proportion provided by this source

100

Public or private sector

empty

Domestic or foreign origin

empty

Category of foreign source of funding

empty

Country of origin**Type of organization providing the funding**

empty

Person responsible for general inquiries

Contact**Name of organization / entity**

Burn Research Center, Iran University of Medical Sciences

Full name of responsible person

Tooran Bagheri

Position

Bachelor of Nursing

Other areas of specialty/work**Street address**

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Person responsible for scientific inquiries

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Position

Plastic and reconstructive surgeon

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Web page address

Sharing plan

Deidentified Individual Participant Data Set (IPD)

empty

Study Protocol

empty

Statistical Analysis Plan

empty

Informed Consent Form

empty

Clinical Study Report

empty

Analytic Code

empty

Data Dictionary

empty