Clinical Trial Protocol
Iranian Registry of Clinical Trials

07 Nov 2026

• Investigating the Effect of resilience training on stress of mothers with premature infant hospitalized in Neonatal Intensive Care Unit

Protocol summary

Study aim

 Determining the effect of resilience training on stress in mothers with premature infants hospitalized in the neonatal intensive care unit

Design

This two-group quasi-experimental study with a pretest–posttest design was conducted among mothers of premature infants hospitalised in the NICUs of Shahid Sadoughi and Afshar hospitals in Yazd. Data were collected using a questionnaire including demographic information and parenting stress items. The intervention group received resilience training in nine one-hour virtual sessions conducted via WhatsApp in groups of 4–6 participants.

Settings and conduct

NICU Department of Shahid Sadoughi and Afshar Hospital

Participants/Inclusion and exclusion criteria

Inclusion criteria: _Mothers with premature babies with a gestational age of less than 37 weeks _Age over 18 years_No history of premature birth _Literacy_No history of mental illness_Having a smartphone and installing the WhatsApp app and being able to use the app_No history of participating in resilience training classes,_Speaking in Persian_Having no other problematic children and no severe congenital abnormalities in the baby,_At least two days have passed since the baby was admitted to the neonatal intensive care unit_The clinical conditions of the babies are the same_Willingness to participate in the class_Exclusion criteria:_Consumption of alcohol and drugs and any type of sedative,_Having a university degree in psychology and related fields,_Death of the baby during the study,_Transfer of the baby to other centers,_Discharge of the baby,_Personal problems and illness for the mother, _Unwillingness of the mother to continue participating in the study,_Absence of more than two sessions, Discharge

Intervention groups

Resilience training in 9 90-minute sessions

Main outcome variables

Stress in mothers with premature babies

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20260509069305N1**
Registration date: **2026-05-15, 1405/02/25**
Registration timing: **registered_while_recruiting**

Last update: **2026-05-15, 1405/02/25**
Update count: **0**

Registration date

2026-05-15, 1405/02/25

Registrant information

Name

Behjat Khorsandi

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 35 3824 1751

Email address

b.khorsandi@ssu.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2026-04-21, 1405/02/01

Expected recruitment end date

2026-06-22, 1405/04/01

Actual recruitment start date

2026-04-21, 1405/02/01

Actual recruitment end date

2026-06-22, 1405/04/01

Trial completion date
2026-08-22, 1405/05/31

Scientific title
• Investigating the Effect of resilience training on stress of mothers with premature infant hospitalized in Neonatal Intensive Care Unit

Public title
investigating the Effect of resilience training on stress of mothers with premature infant

Purpose
Education/Guidance

Inclusion/Exclusion criteria

Inclusion criteria:
Mothers with premature babies with a gestational age of less than 37 weeks Age over 18 years old. No history of premature birth. _Literacy_ No history of mental illness. Having a smartphone and installing the WhatsApp app and being able to use the app. No history of participating in resilience training classes, _Speaking in Persian_ Having no other problematic children and no severe congenital abnormalities in the baby, _At least two days have passed since the baby was admitted to the neonatal intensive care unit._ The clinical conditions of the babies are the same_ Willingness to participate in the class

Exclusion criteria:

Age
From **18 years** old

Gender
Female

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **50**
Actual sample size reached: **50**

Randomization (investigator's opinion)
Randomized

Randomization description
Random number table

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
Shahid Sadoughi University of Medical Sciences, Yazd

Street address
Deanship of Research and Technology, Ethics Committee, Imam Reza Complex, Daneshjoo Boulevard

City
yazd

Province
Yazd

Postal code
8916978477

Approval date
2021-01-13, 1399/10/24

Ethics committee reference number
IR.SSU.REC.1399.242

Health conditions studied

1

Description of health condition studied
Stress in mothers with premature babies

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description
Stress in mothers with premature infants admitted to the neonatal intensive care unit

Timepoint
Before the start of the intervention and one day after the end of the 9 sessions

Method of measurement
Parental Stress Scale

Secondary outcomes

empty

Intervention groups

1

Description
Intervention group: Resilience training was conducted virtually by a psychologist and project manager over 9 sessions, through the formation of a group on WhatsApp, sending videos and clips, and group discussions via chatting for the intervention group.

Category
Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Shahid Sadoughi Hospital/Afshar Hospital

Full name of responsible person
Saba Shahbazi

Street address
Shahid Ghandi Blvd./Jomhuri Blvd.

City
Yazd

Province
Yazd

Postal code
8916978477

Phone
+98 35 3824 1751

Email
shahbazi.k67@gmail.com

Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Yazd University of Medical Sciences

Full name of responsible person
معاونت تحقیقات

Street address
Daneshjoo Boulevard, Vice President for Research and Technology

City
yazd

Province
Yazd

Postal code
8916978477

Phone
+98 35 3824 1751

Email
bkhorsandi_68@yahoo.com

Grant name

Grant code / Reference number

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

Title of funding source
Yazd 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
Yazd University of Medical Sciences

Full name of responsible person
Behjat Khorsandi

Position
Associate professor

Latest degree
Ph.D.

Other areas of specialty/work
Midwifery

Street address
Bu Ali Street, Faculty of Nursing and Midwifery

City
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Person responsible for scientific inquiries

Contact

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Yazd University of Medical Sciences

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Person responsible for updating data

Contact

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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
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
Not applicable