Clinical Trial Protocol
Iranian Registry of Clinical Trials

09 Nov 2026

The effect of education on the job stress and resiliency of the intensive care unit nurses

Protocol summary

Summary

This quasi-experimental study to determine the variables resiliency and occupational stress in the nurses before and after the intervention and comparison of these variables before and after the intervention will be carried out . study population will be consiste of nurses working in Fateme Zahra hospital that Based on objective and according to criteria such as withdrew from the study due to lack of desire, Having a bachelor's degree or higher, Minimum one year experience in intensive care, lack of experience severe stress in the past 6 months (such as serious accidents, death of a relative and separation the wife), no history of neurologic drugs at least in the last 6 months, history of resilience training classes and classes like that withdrew from the study is continuing to work at the time of the study.A sample of 30 patients were selected based on statistical calculations. data by Demographics data questionnaire, Connor-Davidson Resilience Scale CD-RISC and ENSS job stress questionnaire will be collected. The three questionnaires will be completed by nurses, then held Then resilience training program on 5 Session for an hour for questions and answers for nurses, group discussions and presentations will be presented. . after two weeks of sessions of the questionnaire will be completed by nurses. Data were statistically analyzed and the impact of education on job stress and resiliency will be evaluated in ICU nurses

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2016022413156N16**
Registration date: **2016-03-12, 1394/12/22**
Registration timing: **registered_while_recruiting**

Last update:
Update count: **0**

Registration date

2016-03-12, 1394/12/22

Registrant information

Name
Mohammad Ali Heydari Gorji
Name of organization / entity
Mazandaran University of Medical Sciences
Country
Iran (Islamic Republic of)
Phone
+98 15 1226 7342
Email address
mheydarigorji@mazums.ac.ir

Recruitment status

Recruitment complete

Funding source

Vice Chancellor for research, Mazandaran University of Medical Sciences

Expected recruitment start date

2016-02-20, 1394/12/01

Expected recruitment end date

2016-05-04, 1395/02/15

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of education on the job stress and resiliency of the intensive care unit nurses

Public title

The effect of education on the job stress and resiliency of the intensive care unit nurses

Purpose

Supportive

Inclusion/Exclusion criteria
Inclusion criteria: in this study included withdrew from the study due to lack of desire, Having a bachelor's degree or higher, Minimum one year experience in intensive care, lack of experience severe stress in the past 6 months (such as serious accidents, death of a relative and separation the wife), no history of neurologic drugs at least in the last 6 months, Exclusion criteria: history of resilience training classes and classes like that, withdrew from the study is continuing to work at the time of the study

Age
No age limit

Gender
Both

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **30**

Randomization (investigator's opinion)
N/A

Randomization description

Blinding (investigator's opinion)
Not blinded

Blinding description

Placebo
Not used

Assignment
Single

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee
Mazandaran University of Medical Sciences

Street address
Start of valiye asr highway, Imam Square, Sari, Mazandaran

City
sari

Postal code

Approval date
2016-02-16, 1394/11/27

Ethics committee reference number
IR.MAZUMS.REC.94-1675

Health conditions studied

1

Description of health condition studied
job stress

ICD-10 code
Z56

ICD-10 code description
Problems related to employment and unemployment

Primary outcomes

1

Description
resiliency

Timepoint
Before and 2 weeks after the intervention

Method of measurement
questionnaire

2

Description
job stress

Timepoint
Before and 2 weeks after the intervention

Method of measurement
questionnaire

Secondary outcomes

empty

Intervention groups

1

Description
This quasi-experimental study of single groups before - after, on 30 nurses in intensive care units will will be done. In this study, pre-test and post-test will be used.. Then resilience training program held in five sessions. Resilience Training three aspects: an introduction to the concept of resilience and characteristics of resilient individuals / agents of foreign domestic support and / familiarity with the ways of creating resiliency and summarized within five sessions, each session lasting an hour nurses training Materials training will be given for questions and answers, will be a group discussion and lecture. After two weeks of sessions of the questionnaire given to nurses to complete.

Category
Behavior

Recruitment centers

1

Recruitment center

Name of recruitment center
Fatemeh Zahra Hospital

Full name of responsible person
reyhane babanataj

Street address

City
sari

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Vice Chancellor for research Mazandaran University of Medical Sciences.
Full name of responsible person
Dr. Ahmahali Enayati
Street address
Vice Chancellor for research Mazandaran University of Medical Sciences, Moalem Street ,Moalem Square,Sari, Iran.
City
sari
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 Mazandaran 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
Mazandaran University of Medical Sciences
Full name of responsible person
reyhane babanataj
Position
master of Critical Care Nursing Student
Other areas of specialty/work
Street address
Nasibeh School of Nursing and Midwifery, Vesal Shirazi Street, Sari, Mazandaran
City
sari
Postal code
Phone
+98 11 3379 5555
Fax
Email
nataj2110@gmail.com
Web page address

Person responsible for scientific inquiries

Contact
Name of organization / entity
Mazandaran University of Medical Sciences
Full name of responsible person
dr mohammadali heydarigorji
Position
Assistant Professor, scientific committee
Other areas of specialty/work
Street address
Nasibeh School of Nursing and Midwifery, Vesal Shirazi Street, Sari, Mazandaran
City
sari
Postal code
Phone
+98 11 3379 5555
Fax
Email
Heydarigorji@mazums.ac.irHeydarigorji@yahoo.com
Web page address

Person responsible for updating data

Contact
Name of organization / entity
Mazandaran University of Medical Sciences
Full name of responsible person
reyhane babanataj
Position
the master student of Critical Care Nurses
Other areas of specialty/work
Street address
Nasibeh School of Nursing and Midwifery, Vesal Shirazi Street, Sari, Mazandaran
City
sari
Postal code
Phone
+98 11 3223 1834
Fax
Email
nataj2110@gmail.com
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