Clinical Trial Protocol
Iranian Registry of Clinical Trials

08 Nov 2026

Effect of happiness educational program on the level of nurses' happiness , stress , anxiety , and depression

Protocol summary

Summary

Nurses face a great amount of stress that can threaten their health and reduce their motivation. Nurses' most important stressful factors include working overload , being in close touch with patients' death ,shift working, lack of psychological support, conflicts with the physicians, confusion in autonomy and progressive increase of bureaucratic process. This phenomenon can have destructive physiologic and psychological effects on nurses and negatively influence their health. On the other hand, stress , anxiety and depression reduce quality of patients' care through increase of work events , delay and absenteeism and reduction of work efficiency and organizational commitment . Nurses' present working conditions lead to an increase in emotional pressures and depression. There are various studies on the effect of happiness education on increase of happiness and reduction of stress, anxiety and depression in different social classes ,but the researcher found no studies, conducted among nurses taking care of cancer patients. Conducting such a study seems to be necessary ,with regard to nurses' stressful working conditions, to take steps toward achieving different and non-medicational treatments to treat their stress , anxiety and depression and increase their happiness , and consequently, promote nurses' and patients' health. This study is a clinical trial to determine effect of happiness educational program on the level of nurses' happiness , stress , anxiety , and depression in nurses (employed or working on a contract) working in Seyed-Al-Shohada (peace on him) hospital for more than one year field two-group three- stage with sample size 52 subjects in study and control groups

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2014102814463N3**

Registration date: **2014-11-09, 1393/08/18**

Registration timing: **registered_while_recruiting**

Last update:

Update count: **0**

Registration date

2014-11-09, 1393/08/18

Registrant information

Name

Zahra Ghazavi

Name of organization / entity

Isfahan University of Medical Sciences

Country

Iran (Islamic Republic of)

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Recruitment status

Recruitment complete

Funding source

Isfahan University of Medical Sciences

Expected recruitment start date

2014-10-23, 1393/08/01

Expected recruitment end date

2015-02-20, 1393/12/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effect of happiness educational program on the level of nurses' happiness , stress , anxiety , and depression

Public title

Effect of happiness educational program on the level of nurses' happiness , stress , anxiety , and depression

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria: The subjects who are interested in attending the research; Nurses (employed or working on a contract) working in Seyed-Al-Shohada (peace on him) hospital for more than one year; Having no history of a diagnosed psychological or mental disease that needs psychotropic medications; Absense of acute and chronic diagnosed diseases during study; No simultaneous participation in any similar research projects or educational workshops Exclusion criteria: Subjects' personal interest to leave the study; Subjects' absenteeism in classes for more than two sessions; Facing an acute crisis during study

Age

No age limit

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **52**

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

Isfahan University of Medical Sciences

Street address

Isfahan University of Medical Sciences,Hezar Jerib Ave.

City

Esfahan

Postal code

Approval date

2014-06-01, 1393/03/11

Ethics committee reference number

393176

Health conditions studied

1

Description of health condition studied

Mental and behavioural disorders

ICD-10 code

F32

ICD-10 code description

Depressive episode

2

Description of health condition studied

Mental and behavioural disorders

ICD-10 code

F41

ICD-10 code description

Other anxiety disorders

Primary outcomes

1

Description

Happiness

Timepoint

Before the intervention, Immediately after the intervention, One month after the intervention

Method of measurement

Oxford questionnaire

2

Description

Depression

Timepoint

Before the intervention, Immediately after the intervention, One month after the intervention

Method of measurement

DASS42 questionnaire

3

Description

Anxiety

Timepoint

Before the intervention, Immediately after the intervention, One month after the intervention

Method of measurement

DASS42 questionnaire

4

Description

Stress

Timepoint

Before the intervention, Immediately after the intervention, One month after the intervention

Method of measurement

DASS42 questionnaire

Secondary outcomes

empty

Intervention groups

1

Description
After selection of an adequate number of subjects, educational program will be administrated in form of six 60-minute sessions once a week in study group. Lecture , group discussion , Q&A and brain storming will be adopted in the sessions. At the end of the sixth session , DASS42 and Oxford questionnaires will be completed again in study group. Finally, to investigate the longevity of treatment , DASS42 and Oxford questionnaires will be completed for the third time in study group in Seyed-Al-Shohada educational center.

Category
Behavior

2

Description
The researcher will also distribute happiness related educational booklets in control group. It should be noted that a replacing interventional session of communicational skills will be considered in control group.

Category
Behavior

Recruitment centers

1

Recruitment center

Name of recruitment center
Seyed-Al-Shohada Educational center

Full name of responsible person
Dr Emami Majid

Street address
Polshiri Ave.

City
Esfahan

Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Isfahan University of Medical.Science

Full name of responsible person
Taleghani Fariba

Street address
Hezar Jerib Ave., Isfahan University of Medical.Science, Nursing& Midvifery Faculty

City
Esfahan

Grant name

Grant code / Reference number

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

Title of funding source
Isfahan University of Medical.Science

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
Isfahan University of Medical Sciences

Full name of responsible person
Ghazavi Zahra/ Mardani Zahra

Position
Academic Member/ Master of Science

Other areas of specialty/work

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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