Clinical Trial Protocol
Iranian Registry of Clinical Trials

08 Nov 2026

Assessing the Effect of Training of Emotional Intelligence on Emotional Intelligence score and Stress Coping Styles in Undergratuated Nursing students.

Protocol summary

Summary

The main objective of this study is to assess the effect of training of Emotional Intelligence on Emotional Intelligence score and Stress Coping Styles in undergraduate nursing students. The participants of this study are 70 undergraduate nursing students at their first semester who will pass life skills course in two separate classes.After dividing them by the education office of the nursing faculty into two groups, they were again divided by the researchers of this study into two control and test groups using a simple random approach. For the first day, the groups will be subject to a pre-test containing questionnaires of demographic information, Schutte emotional intelligence, and Coping Inventory for Stressful Situations of Endler & Parker. Then, eight 2-hour educational sessions will be hold from Nov 2013 based on cognitive-behavior model for students in test group of emotional intelligence education. Simultaneously, the students in control group will pass life skills course. Then, for considering the ethical issues, the control group is received the same educational content in emotional intelligence offered to the test group and the other group passes life skills course. After ending classes post-test will be performed through the questionnaires of demographic information, emotional intelligence of Schutte, and Coping Inventory of Stressful Situations of Endler & Park . The follow-up test will be performed one month later using the mentioned questionnaires and the results will be compared.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2013092114720N1**
Registration date: **2013-11-10, 1392/08/19**
Registration timing: **registered_while_recruiting**
Last update:
Update count: **0**

Registration date

2013-11-10, 1392/08/19

Registrant information

Name

Fatemeh Ghofrani Kelishami

Name of organization / entity

Tehran Faculty of Nursing and Midwifery

Country

Iran (Islamic Republic of)

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+98 21 6692 7171

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Recruitment status

Recruitment complete

Funding source

Tehran University of Medical Sciences

Expected recruitment start date

2013-10-23, 1392/08/01

Expected recruitment end date

2014-02-20, 1392/12/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Assessing the Effect of Training of Emotional Intelligence on Emotional Intelligence score and Stress Coping Styles in Undergratuated Nursing students.

Public title

Emotional Intelligence Training

Purpose
Other
Inclusion/Exclusion criteria
The criterion for entering to this work is studying at first semester of nursing major
Age
No age limit
Gender
Both

Phase
N/A
Groups that have been masked
No information
Sample size
Target sample size: **70**
Randomization (investigator's opinion)
Randomized
Randomization description
Blinding (investigator's opinion)
Not blinded
Blinding description
Placebo
Not used
Assignment
Crossover
Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee
Name of ethics committee
Tehran University of Medical Sciences
Street address
Tehran University of Medical Sciences-Iran-Tehran
City
Tehran
Postal code
Approval date
2013-04-17, 1392/01/28
Ethics committee reference number
93302

Health conditions studied

1

Description of health condition studied
Emotional intelligence
ICD-10 code
-
ICD-10 code description
-

Primary outcomes

1

Description
Emotional Intelligence Score
Timepoint
pre test -post test- one month after intervention
Method of measurement
schutte questionary

2

Description
Methods of Dealing with Stress
Timepoint
pre test-post test- one month after intervention
Method of measurement
Endler& Parker questionary

Secondary outcomes

empty

Intervention groups

1

Description
For the first day, the control group will be subject to a pre-test containing questionnaires of demographic information, Schutte emotional intelligence, and Coping Inventory for Stressful Situations of Endler & Parker. the students in control group will pass life skills course at 8 weeks. Then post-test will be performed through the questionnaires of demographic information, emotional intelligence of Schutte, and Coping Inventory of Stressful Situations of Endler & Park. The follow-up test will be performed one month later using the mentioned questionnaires and the results will be compared. Then, for considering the ethical issues, the control group is received the same educational content in emotional intelligence offered to the test group.
Category
Lifestyle

2

Description
For the first day, the test group will be subject to a pre-test containing questionnaires of demographic information, Schutte emotional intelligence, and Coping Inventory for Stressful Situations of Endler & Parker. Then, eight 2-hour educational sessions will be hold from Nov 2013 based on cognitive behavior model for students in test group of emotional intelligence education. The intervention program would be performed as follows: session 1: some general materials about the emotional intelligence and effective communication are presented; session 2: anger management; session 3: courageous behavior; session 4: stress management; session 5: self-awareness and empathy; session 6: coping with negative temper; session 7: solution

procedure for problems; and session 8: summary and conclusion, responding to students' questions, and taking post-test through the questionnaires of demographic information, emotional intelligence of Schutte, and Coping Inventory of Stressful Situations of Endler & Park. The follow-up test will be performed one month later using the mentioned questionnaires and the results will be compared. After each session, a summary and feedback will be prepared of learning rate of the students and the offered educational materials.Then At 8 weeks, the group will spend a life skills class.

Category

Lifestyle

Recruitment centers

1

Recruitment center

Name of recruitment center

Tehran Faculty of Nursing and Midwifery

Full name of responsible person

Mansooreh Farahani Eshghali

Street address

Nosrat St., Tohid Sq. Tehran, Iran

City

Tehran

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Tehran University of Medical Sciences

Full name of responsible person

Masoud Yoonesian

Street address

Tehran University of Medical Sciences, Tehran, Iran

City

Tehran

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Tehran 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

Tehran School of Nursing and Midwifery

Full name of responsible person

Fatemeh Ghofrani kelishami

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Person responsible for scientific inquiries

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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