Clinical Trial Protocol
Iranian Registry of Clinical Trials

08 Nov 2026

The effect of mindfulness intervention on job stress of nurses in intensive care units

Protocol summary

Summary

This study aimed to evaluate the effect of mindfulness based intervention on job stress of the nurses in Imam Hussain Hospital intensive care units. Experimental research, with pretest-posttest control group will be done. The revised questionnaire for nursing stress will be used to measure nurses stress. Inclusion criteria: critical care Nurses; lack of mental disorders. Exclusion criteria: irregular participation in educational program (more than twice). The population is all nurses in Intensive care units. Among them 60 nurses randomly allocated to intervention (30) and control (3) groups. The mindfulness training sessions for experimental group will be conducted for 8 sessions (each session is 90 minutes) once a week.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT201702054299N5**
Registration date: **2017-03-17, 1395/12/27**
Registration timing: **retrospective**

Last update:
Update count: **0**

Registration date

2017-03-17, 1395/12/27

Registrant information

Name
Jamileh Mokhtari Nouri

Name of organization / entity
Baghiatallah University of Medical Sciences

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Iran (Islamic Republic of)

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mokhtari@bmsu.ac.ir

Recruitment status

Recruitment complete

Funding source

Public

Expected recruitment start date

2016-08-22, 1395/06/01

Expected recruitment end date

2016-10-22, 1395/08/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of mindfulness intervention on job stress of nurses in intensive care units

Public title

The effect of mindfulness intervention on stress

Purpose

Prevention

Inclusion/Exclusion criteria

Inclusion criteria: critical care Nurses; lack of mental disorders. Exclusion criteria: irregular participation in educational program (more than twice).

Age

No age limit

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **66**

Randomization (investigator's opinion)
Randomized
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
baghiatallah university
Street address
tehran. mollasadra street
City
tehran
Postal code
Approval date
2015-09-23, 1394/07/01
Ethics committee reference number
IR.BMSU.REC.1394.263

Health conditions studied

1

Description of health condition studied
Stress
ICD-10 code
Z56.3
ICD-10 code description
Stressful work schedule

Primary outcomes

1

Description
Primary Outcome: Nurses Job Stress
Timepoint
Before Intervention and 2 months after intervention
Method of measurement
Revised Nursing Stress Scale

Secondary outcomes

empty

Intervention groups

1

Description
Control group: pretest will be done primarily and posttest will be done after 2 months.
Category
Prevention

2

Description
Experimental group: The mindfulness training sessions for experimental group will be conducted for 8 sessions (each session is 90 minutes) once a week, and then posttest will be done.
Category
Other

Recruitment centers

1

Recruitment center
Name of recruitment center
Imam Hussain Hospital
Full name of responsible person
Street address
City
Kermanshah

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Baghiatallah University of Medical Science
Full name of responsible person
D.R Seyed Mohammad Khademolhussaini
Street address
Mollasadra Street . Tehran.
City
Tehran
Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
Baghiatallah 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
Medical Science University of Baghiatallah

Full name of responsible person
D.R Seyed Mohammad Khademol Hussaini

Position
P.H.D/ Master

Other areas of specialty/work

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Person responsible for scientific inquiries

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Person responsible for updating data

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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