# Clinical Trial Protocol
# Iranian Registry of Clinical Trials

07 Nov 2026

# The Effect of Educational Intervention Based on Self-Care Strategies on Self-Compassion and COVID-19 Prevention in Nurses of Corona Wards in Hospitals Related to Shahid Beheshti University of Medical Science in 1400

## Protocol summary

**Study aim**

Determining the effect of educational intervention based on self-care strategies on self-compassion and COVID-19 prevention in nurses of Corona wards in hospitals related to Shahid Beheshti University of Medical Science in 1400.

**Design**

The clinical trial has a control group, not blinded, randomized, and on 80 nurses. Hospitals will randomly select and then the hospitals will be divided into two groups of intervention and control through block balanced randomization. Then, from each hospital, 10 nurses working in the corona ward will be selected through simple random sampling.

**Settings and conduct**

The research environment includes hospitals affiliated to Shahid Beheshti University of Medical Sciences in Tehran and then after random selection of samples, training will be provided individually based on self-care strategies in 6 relevant areas in accordance with the latest standard guidelines in intervention group

**Participants/Inclusion and exclusion criteria**

Inclusion criteria: To have physical health and the absence of underlying disease, Access to the Internet and social networks, No infection with COVID-19 during the last 6 months, Not participating simultaneously in similar classes or research to this research, Acquiescence to participate in research, To have bachelor certification at least. Exclusion criteria: Being infected by COVID-19 during last 6 months, Inaccessibility to internet or social media

**Intervention groups**

Intervention includes self-care training on self-compassion and COVID-19 prevention. This intervention will be performed in intervention group, and it will not be done in control group.

**Main outcome variables**

Determining and comparing the mean score of self-compassion and score of COVID-19 prevention, before and after the educational intervention based on self-care strategies in samples;

## General information

**Reason for update**

**Acronym**

**IRCT registration information**

IRCT registration number: **IRCT20210925052567N1**
Registration date: **2021-10-29, 1400/08/07**
Registration timing: **prospective**

Last update: **2021-10-29, 1400/08/07**
Update count: **0**

**Registration date**

2021-10-29, 1400/08/07

**Registrant information**

**Name**

Elahe Mehrabi Moshtaghin

**Name of organization / entity**

**Country**

Iran (Islamic Republic of)

**Phone**

+98 21 7731 7659

**Email address**

elahemehrabi1995@yahoo.com

**Recruitment status**

**Recruitment complete**

**Funding source**

**Expected recruitment start date**

2021-11-02, 1400/08/11

**Expected recruitment end date**

2021-11-16, 1400/08/25

**Actual recruitment start date**

empty

**Actual recruitment end date**

empty

**Trial completion date**

empty

**Scientific title**

The Effect of Educational Intervention Based on Self-Care Strategies on Self-Compassion and COVID-19 Prevention in Nurses of Corona Wards in Hospitals Related to Shahid Beheshti University of Medical Science in 1400

**Public title**

The Effect of Educational Intervention Based on Self-Care Strategies on Self-Compassion and COVID-19 Prevention

**Purpose**

Education/Guidance

**Inclusion/Exclusion criteria**

**Inclusion criteria:**

Have healthy physical appearance and the absence of underlying disease Access to the Internet and social networks Not being infected with Covid-19 during the last 6 months Not participating simultaneously in similar classes or researches to this research Consent to participate in research Bachelor certification at least

**Exclusion criteria:**

Being infected by COVID-19 during last 6 months Inaccessibility to the Internet and social networks Participating simultaneously in similar classes or researches to this research

**Age**

No age limit

**Gender**

Both

**Phase**

N/A

**Groups that have been masked**

*No information*

**Sample size**

Target sample size: **80**

**Randomization (investigator's opinion)**

Randomized

**Randomization description**

Firstly, 8 hospitals related to Shahid Beheshti University of Medical Science will be selected through simple random sampling using graph pad random number calculator site and then the hospitals will be divided into two groups of intervention and control through block balanced randomization.To form the quadruple blocks, we write all the positions of the letters T and C together, which include the following: TTCC, TCTC, TCCT, CTTC, CTCT, CCTT T is the intervention group and C is the control group. Then we number these six states from one to six. To determine the number of required blocks, we divide the number of hospitals to the type of block (4), which in this study will be 2 blocks. From the table of random numbers, we select 6 random numbers from one to six and accordingly we choose from the blocks and based on this, the hospitals are divided into two groups of control and intervention. Finally from each hospital, 10 nurses working in the corona ward will be selected through simple random sampling using graph pad random number calculator site.

**Blinding (investigator's opinion)**

Not blinded

**Blinding description**

**Placebo**

Not used

**Assignment**

Parallel

**Other design features**

Regarding the assignment of study groups, since this study is a fixed size design, 40 people will be in the intervention group and 40 people in the control group.

## Secondary Ids

empty

## Ethics committees

### 1

**Ethics committee**

**Name of ethics committee**

Ethics Committee of Schools of Pharmacy, Nursing and Midwifery, Shahid Beheshti University of Medica

**Street address**

No. 2, Moghadas Ave., Sazman Ab Blvd., Halimiye Tehran

**City**

Tehran

**Province**

Tehran

**Postal code**

1759635173

**Approval date**

2021-09-20, 1400/06/29

**Ethics committee reference number**

IR.SBMU.PHARMACY.REC.1400.133

## Health conditions studied

### 1

**Description of health condition studied**

COVID-19 Prevention

**ICD-10 code**

U07. 1

**ICD-10 code description**

COVID-19, virus identified

## Primary outcomes

### 1

**Description**

Promoting self-compassion

**Timepoint**

At the beginning of the study, immediately after the study and one month after the study

**Method of measurement**

1-Demographic Information Questionnaire 2-Neff's Self-Compassion Scale (Long Form)

**2**

**Description**
corona prevention
**Timepoint**
At the beginning of the study, immediately after the study and one month after the study
**Method of measurement**
Coronavirus KAP Questionnaire (the knowledge, attitude and practice about coronavirus)

## Secondary outcomes

empty

## Intervention groups

**1**

**Description**
Intervention group:If the sample is placed in the intervention group, self-care educational content will be provided for them via virtual messengers. Content will be sent to the intervention group 3 times (once a week). Questioning and answering will also be through the same virtual messaging system. Training is individual. In this educational intervention, different educational methods oral contact, written and combined methods such as speech (sending voice) with questioning and answering, practical demonstrations and written media presentation such as pamphlets or educational videos and slides will be used. The content of the training will be based on self-care strategies in 6 areas: physical, occupational, social, emotional, psychological and spiritual, which are according to the latest standard guidelines of the prevalence of Covid-19 epidemics.
**Category**
Prevention

**2**

**Description**
Control group: At the beginning of the study, questionnaires will be also given to the control group, but training will not be done in this group. In order to comply with ethical standards, educational content will be provided to the control group at the end of the study
**Category**
Prevention

## Recruitment centers

**1**

**Recruitment center**
**Name of recruitment center**
Hospitals under the auspices of Shahid Beheshti University of Medical Sciences
**Full name of responsible person**
Meimanat Hosseini
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## Sponsors / Funding sources

**1**

**Sponsor**
**Name of organization / entity**
Shahid Beheshti University of Medical Sciences
**Full name of responsible person**
Dr Afshin Zatrghi
**Street address**
No. 2., Arabi Ave., Yaman Blvd., Velenjak., Tehran
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**Phone**
+98 21 23871
**Email**
info@sbmu.ac.ir
**Grant name**
**Grant code / Reference number**
**Is the source of funding the same sponsor organization/entity?**
Yes
**Title of funding source**
Shahid Beheshti 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**
Shahid Beheshti University of Medical Sciences
**Full name of responsible person**
Dr Meimanat Hosseini

**Position**
Associate Professor
**Latest degree**
Ph.D.
**Other areas of specialty/work**
Nursery
**Street address**
Vali Asr St., Niayesh Intersection, in front of Shahid Rajaei Heart Hospital,Tehran School of Nursing and Midwifery
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## Person responsible for scientific inquiries

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Nursery
**Street address**
Vali Asr St., Niayesh Intersection, in front of Shahid Rajaei Heart Hospital, Tehran., School of Nursing and Midwifery
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## Person responsible for updating data

**Contact**
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**Email**
www.elahemehrabi1995@yahoo.com

## Sharing plan

**Deidentified Individual Participant Data Set (IPD)**
Yes - There is a plan to make this available
**Study Protocol**
Yes - There is a plan to make this available
**Statistical Analysis Plan**
Yes - There is a plan to make this available
**Informed Consent Form**
Yes - There is a plan to make this available
**Clinical Study Report**
Yes - There is a plan to make this available
**Analytic Code**
Yes - There is a plan to make this available
**Data Dictionary**
Undecided - It is not yet known if there will be a plan to make this available
**Title and more details about the data/document**
All the participant data sets are to be shared after individuals are unidentified
**When the data will become available and for how long**
Start access after printing
**To whom data/document is available**
Researchers working in academic and scientific institutions
**Under which criteria data/document could be used**
In order to use the documents of this study, mentioning the name of the researchers of this study is essential.
**From where data/document is obtainable**
Applicants can receive the documents from the main researcher or the university and contact the main researcher via e-mail address (www.elahemehrabi1995@yahoo.com or www.meimanathosseini@yahoo.com) to receive the documents.
**What processes are involved for a request to access data/document**
Applicants can receive the files after submitting their request to receive the files via email to the main researcher (www.elahemehrabi1995@yahoo.com or www.meimanathosseini@yahoo.com).
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