Clinical Trial Protocol
Iranian Registry of Clinical Trials

08 Nov 2026

Investigating the effect of Mindfulness-Based Stress Reduction Programs on Cognitive Flexibility and Occupational Resilience in nurses

Protocol summary

Study aim
Investigating the effect of Mindfulness-Based Stress Reduction (MBSR) Programs on Cognitive Flexibility and Occupational Resilience in Critical Care Nurses

Design
This is a randomized clinical trial with a parallel design and control group. This randomized,non-blinded study will be conducted on 60 eligible nurses. A simple random method will be used for randomization and participants will be assigned to two intervention and control groups.

Settings and conduct
This study, which will be conducted at Shahid Beheshti Hospital in Kashan, is non-blinded. Before the study begins, the objectives of the study and how to answer the questions will be explained, then the questionnaires will be provided to the nurses.

Participants/Inclusion and exclusion criteria
Inclusion criteria: Informed consent; Working nurses; Having at least 6 months of work experience as a nurse in special wards Exclusion criteria: History of chronic physical illness; History of acute mental disorders; Participation in similar mindfulness courses in the past 6 months; Receiving mood-regulating medications in the past 3 months

Intervention groups
The intervention group will receive mindfulness training in 8 sessions of 60 to 90 minutes (2 sessions per week with a minimum of two days between sessions). The first session will be in person, 6 sessions will be virtual through an online group in cyberspace, and the last session will be in person. The control group will not receive any intervention and will only be provided with a stress management pamphlet from the Ministry of Health.

Main outcome variables
Occupational Resilience, Cognitive Flexibility

General information

Reason for update

Acronym

IRCT registration information
IRCT registration number: **IRCT20250825067000N1**
Registration date: **2026-01-29, 1404/11/09**
Registration timing: **prospective**

Last update: **2026-01-29, 1404/11/09**
Update count: **0**

Registration date
2026-01-29, 1404/11/09

Registrant information

Name
Najmeh Keyvannezhad

Name of organization / entity
Islamic Azad University, Isfahan (Khorasgan) Branch

Country
Iran (Islamic Republic of)

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Recruitment status
Recruitment complete

Funding source

Expected recruitment start date
2026-02-14, 1404/11/25

Expected recruitment end date
2026-04-14, 1405/01/25

Actual recruitment start date
empty

Actual recruitment end date
empty

Trial completion date
empty

Scientific title
Investigating the effect of Mindfulness-Based Stress Reduction Programs on Cognitive Flexibility and Occupational Resilience in nurses

Public title
The effect of Mindfulness on Cognitive Flexibility and Occupational Resilience

Purpose
Education/Guidance

Inclusion/Exclusion criteria

Inclusion criteria:
Informed consent Working nurses Having at least 6 months of work experience as a nurse in special wards

Exclusion criteria:
History of chronic physical illness History of acute mental disorders Participation in similar mindfulness courses in the past 6 months Taking mood-regulating medications in the last 3 months

Age
No age limit

Gender
Both

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **60**

Randomization (investigator's opinion)
Randomized

Randomization description
Simple random method. 60 cards are selected and numbers from 1-60 are inserted on the cards. The cards are placed in an envelope. Two of the design partners take one card out of the envelope each time and announce the card number. Paired numbers are assigned to the intervention group and odd numbers to the control group

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
Ethics Committee of Islamic Azad University, Khorasgan branch

Street address
Vice Chancellor for Research Affairs, University Blvd., Arghwanieh, J Sharghi Street

City
Isfahan

Province
Isfehan

Postal code
8155139998

Approval date
2025-07-22, 1404/04/31

Ethics committee reference number
IR.IAU.KHUISF.REC.1404.361

Health conditions studied

1

Description of health condition studied
Cognitive Flexibility

ICD-10 code

ICD-10 code description

2

Description of health condition studied
Occupational Resilience

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description
Cognitive flexibility

Timepoint
Beginning of the study, end of the study (week four), four weeks after the end of the study (week eight)

Method of measurement
Using the Cognitive Flexibility Questionnaire

2

Description
Occupational Resilience

Timepoint
Beginning of the study, end of the study (week four), four weeks after the end of the study (week eight)

Method of measurement
Base on Occupational Resilience Questionnaire

Secondary outcomes

empty

Intervention groups

1

Description
The intervention group will receive mindfulness training in 8 sessions of 60 to 90 minutes (2 sessions per week with a minimum of two days between sessions). The first

session will be in person, 6 sessions will be virtual through an online group in cyberspace, and the last session will be in person. The intervention includes: focusing and awareness of thoughts, emotions, and bodily sensations. Paying attention to a new way in the moment and without judgment, practicing seeing and listening in a non-judgmental way. Better recognition and acceptance of thoughts and feelings. Self-regulation and the use of effective problem-solving techniques. Increasing useful activities and regulating emotions.

Category

Treatment - Other

2

Description

The control group will not receive any intervention and will only be provided with a stress management pamphlet from the Ministry of Health.

Category

Treatment - Other

Recruitment centers

1

Recruitment center

Name of recruitment center
Shahid Beheshti Hospital

Full name of responsible person
Najmeh Keyvannezhad

Street address
5th km., Qotb Rawandi Boulevard

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity
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Full name of responsible person
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Grant name

Grant code / Reference number

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

Yes

Title of funding source
Islamic Azad University, Khorasgan branch

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
Islamic Azad University, Khorasgan branch

Full name of responsible person
Najmeh Keyvannezhad

Position
Master's degree student in nursing

Latest degree
Bachelor

Other areas of specialty/work
Nursery

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Person responsible for updating data

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Sharing plan

Deidentified Individual Participant Data Set (IPD)
No - There is not a plan to make this available
Justification/reason for indecision/not sharing IPD
No more information available.
Study Protocol
No - There is not a plan to make this available
Statistical Analysis Plan
No - There is not a plan to make this available
Informed Consent Form
No - There is not a plan to make this available
Clinical Study Report
No - There is not a plan to make this available
Analytic Code
No - There is not a plan to make this available
Data Dictionary
No - There is not a plan to make this available