Clinical Trial Protocol
Iranian Registry of Clinical Trials

08 Nov 2026

The effectiveness of cognitive-behavioral therapy on compassion fatigue, perceived stress, satisfaction and quality of life in nurses with signs of job burnout

Protocol summary

Study aim
Determining the effectiveness of cognitive-behavioral therapy on compassion fatigue, perceived stress, satisfaction, and quality of life in nurses with symptoms of burnout

Design
Sample size: 30 people In this non-randomized quasi-experimental study, 30 nurses who meet the inclusion criteria will be selected

Settings and conduct
The training location will be selected by the samples and will be held online and in groups at a specific time that is agreed upon by all samples. It is emphasized to the samples that the time of the sessions should be such that they can participate in the sessions at home and in complete peace. The time of each session is about one hour. The fixed order of each session will include reviewing the homework assignments of the previous session, feedback on solving existing questions and problems, teaching the intended topics and techniques, discussing cognitive behavioral therapy, and presenting homework assignments.

Participants/Inclusion and exclusion criteria
Inclusion criteria: Being a nurse in teaching hospitals Being between 25 and 45 years old Having at least 3 years of work experience Consent to participate in the study Exclusion criteria: Absence of more than one session Disinterest in continuing to cooperate in the study

Intervention groups
The intervention group consists of 15 nurses who receive the intervention. The control group consists of 15 nurses who do not receive the intervention. The intervention group will undergo 12 treatment sessions. One session will be held each week. Unlike the intervention group, the control group is not exposed to the treatment and therefore provides a baseline against which any changes in the experimental group can be compared.

Main outcome variables
Compassion fatigue, perceived stress, satisfaction, and quality of life

General information

Reason for update

Acronym

IRCT registration information
IRCT registration number: **IRCT20250929067419N1**
Registration date: **2025-10-06, 1404/07/14**
Registration timing: **prospective**

Last update: **2025-10-06, 1404/07/14**
Update count: **0**

Registration date
2025-10-06, 1404/07/14

Registrant information

Name
Khadijeh Hatamipour
Name of organization / entity
Country
Iran (Islamic Republic of)
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Recruitment status
Recruitment complete

Funding source

Expected recruitment start date
2025-10-07, 1404/07/15

Expected recruitment end date
2025-12-06, 1404/09/15

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effectiveness of cognitive-behavioral therapy on compassion fatigue, perceived stress, satisfaction and quality of life in nurses with signs of job burnout

Public title

The effectiveness of cognitive-behavioral therapy on compassion fatigue, perceived stress, satisfaction and quality of life

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria:

1) nurse in teaching hospitals 2) Between the ages of 25 and 45 3) Having at least 3 years of work experience 4) Consent to participate in the research

Exclusion criteria:

Absence from more than one meeting Lack of interest in continuing to collaborate in the research

Age

From **25 years** old to **45 years** old

Gender

Female

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **30**

Randomization (investigator's opinion)

Not randomized

Randomization description

Blinding (investigator's opinion)

Not blinded

Blinding description

Placebo

Not used

Assignment

Other

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Research Ethics Committees of Islamic Azad University - Tonekabon Branch

Street address

Maharat

City

Tonekabon

Province

Mazandaran

Postal code

4684161167

Approval date

2024-01-09, 1402/10/19

Ethics committee reference number

IR.IAU.TON.REC.1402.096

Health conditions studied

1

Description of health condition studied

There are 2 groups in this study. A group of 15 people who receive the intervention and a control group who do not receive the intervention. Pre-test and post-test will be conducted for both groups.

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description

Compassion fatigue

Timepoint

Pre-test of compassion fatigue, perceived stress, satisfaction, and quality of life questionnaires before the intervention and post-test after the intervention with the questionnaires being redistributed 2 weeks after the test between the samples.

Method of measurement

he Maslash Burnout Questionnaire (1981) has 22 items; the Stamm Compassion Fatigue Questionnaire (2009) has 30 items; the Cohen et al. (1983) Perceived Stress Scale has 16 items; the Diener et al. (1989) Life Satisfaction Scale has 5 items; and the World Health Organization Quality of Life Questionnaire has 26 items.

Secondary outcomes

empty

Intervention groups

1

Description

The type of intervention in the experimental group will be to examine the effectiveness of cognitive-behavioral therapy. Cognitive-behavioral therapy sessions are planned in 10 one-hour sessions, each session lasting about 1 hour and lasting 10 weeks. It will be implemented for the subjects in the experimental group, and the educational methods of lectures, questions and answers, slide shows, and educational videos will be used. Content and structure of cognitive behavioral group therapy sessions Session content of sessions Assignments 1. Familiarizing members with the concept

of cognitive behavioral therapy and emotional engagement with group members, presenting the cognitive-behavioral model and the C-B-A model. Relaxation practice through guided mental imagery. 2. Investigating behavioral consequences resulting from beliefs, expressing theories of emotional disorder and cognitive restructuring, and ten styles of thinking with errors. Practice classifying beliefs and the thinking process. Relaxation practice through guided mental imagery. 3. Investigating behavioral consequences resulting from beliefs, practicing thought induction, analyzing the vertical downward arrow. Relaxation practice through guided mental imagery. 4. Advanced analysis of the vertical downward arrow, classifying beliefs based on content and generality. Relaxation practice through guided mental imagery. 5. Preparing a master list of beliefs, preparing a cognitive map, variability of beliefs, objective and standard analysis of beliefs. Relaxation practice through guided mental imagery. 6. Analyzing the effectiveness of beliefs, analyzing the harmony of beliefs, harmony of beliefs, logical analysis of beliefs. 7. Presenting a conference on stress, quality and satisfaction with life, fatigue from compassion, role-playing about a situation. Social anxiety, providing feedback with an orientation towards effective speaking techniques and purposeful active listening 8- Building a hierarchy of anxiety, opposing beliefs, perceptual change and cortical inhibition techniques Presenting a conference on burnout, role-playing a social anxiety situation, providing feedback with an orientation towards complementary techniques of assertiveness and assertiveness 9- Self-punishment and self-reward, change, reviewing and reviewing the topics discussed, summarizing the content and providing strategies for continuing the treatment after the group ends, 10- Summarizing previous content, reviewing and reviewing the program (final summary) Surveying members and providing suggestions, reviewing the clients' goals in the first session and the extent to which they were achieved, reviewing the group's strengths and weaknesses in writing and orally Practicing and discussing again more difficult topics for group members, presenting a conference and role-playing and feedback

Category
Lifestyle

2

Description
Control group: Will not receive any intervention until the research project is fully completed.

Category
Lifestyle

Recruitment centers

1

Recruitment center

Name of recruitment center
Hospitals affiliated with Tehran University of Medical Sciences

Full name of responsible person
khadijeh Hatamipour

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Islamic Azad University

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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

Proportion provided by this source
100

Public or private sector
Private

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

Full name of responsible person
Khadijeh Hatamipour

Position
Faculty member
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Sharing plan

Deidentified Individual Participant Data Set (IPD)
Undecided - It is not yet known if there will be a plan to make this available
Study Protocol
Undecided - It is not yet known if there will be a plan to make this available
Statistical Analysis Plan
Undecided - It is not yet known if there will be a plan to make this available
Informed Consent Form
Undecided - It is not yet known if there will be a plan to make this available
Clinical Study Report
Undecided - It is not yet known if there will be a plan to make this available
Analytic Code
Undecided - It is not yet known if there will be a plan to make this available
Data Dictionary
Undecided - It is not yet known if there will be a plan to make this available