Clinical Trial Protocol
Iranian Registry of Clinical Trials

08 Nov 2026

Studying the effect of mindfulness-based stress reduction techniques on job stress and work- family conflict of emergency department nurses in selected hospitals

Protocol summary

Study aim

Determining the effect of mindfulness-based stress reduction techniques on stress and work-family conflict among emergency department nurses in selected AJA hospitals

Design

Randomized controlled trial with control group; 32 samples were considered with G Power software and a 10% dropout probability for each group.

Settings and conduct

The sample will be selected from among nurses working in the emergency departments of selected AJA hospitals. Hospitals will be divided into intervention and control groups using a digitalized method equivalent to a coin toss, as available. The number of hospitals will be calculated and selected based on the sample size

Participants/Inclusion and exclusion criteria

Inclusion criteria: 1. Employment in the emergency department of selected AJA hospitals and having at least six months of work experience 2. Absence of serious physical illnesses 3. Absence of psychotropic medications 4.Failure to face crises 5. informed consent 6. No previous participation in mindfulness training courses or formal mindfulness-based stress reduction programs. Exclusion criteria: 1. Failure to attend more than 2 training sessions. 2. Having a disease research. 3. Voluntary withdrawal from continuing to participate in the research.

Intervention groups

Nurses will be taught mindfulness-based stress reduction techniques weekly for five consecutive weeks (one 60-minute session each week); on the other hand, the control group will not receive any intervention. However, after the end of the study, this program will also be offered to the control group.

Main outcome variables

Guidance for designing training programs; examining the level of stress and work-family conflict and examining the impact of the training program on them; providing services in military hospitals and other medical centers; a model for future research

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20260104068541N1**
Registration date: **2026-01-24, 1404/11/04**
Registration timing: **registered_while_recruiting**

Last update: **2026-01-24, 1404/11/04**
Update count: **0**

Registration date

2026-01-24, 1404/11/04

Registrant information

Name

Zahra Gheisari

Name of organization / entity

Country

Iran (Islamic Republic of)

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Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2026-01-21, 1404/11/01

Expected recruitment end date

2026-10-23, 1405/08/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Studying the effect of mindfulness-based stress reduction techniques on job stress and work- family conflict of emergency department nurses in selected hospitals

Public title

Studying the effect of mindfulness-based stress reduction techniques on job stress and work- family conflict of emergency department nurses in selected hospitals

Purpose

Education/Guidance

Inclusion/Exclusion criteria

Inclusion criteria:

Employment in the emergency department of selected AJA hospitals and having at least six months of experience in the same department Absence of serious physical illnesses, including severe cardiovascular diseases, chronic debilitating respiratory diseases, active cancer, severe neurological disorders, and endocrine diseases with functional disability Absence of psychotropic medications such as antidepressants, anxiolytics, antipsychotics, or mood stabilizers that could affect stress levels or response to treatment Not having been exposed to severe trauma from crises, especially the Iran War (June 2025); people who have suffered severe grief, acute psychological trauma, serious physical injury, or loss of first-degree relatives during this period will not be included in the study Having the desire and informed consent to participate in training sessions and cooperate in the research Not having previously participated in mindfulness training courses or formal mindfulness-based stress reduction (MBSR) programs

Exclusion criteria:

Failure to attend more than 2 training sessions Having an illness or condition that prevents continued participation in the research Voluntary withdrawal from continuing to participate in the research

Age

No age limit

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **64**

Randomization (investigator's opinion)

Randomized

Randomization description

Participants in this study will be selected from among nurses working in the emergency departments of selected AJA hospitals. First, the target hospitals were selected on a convenience basis and randomly assigned to the intervention and control groups using a digitized method equivalent to a coin toss. Each participant was assigned a random integer number between 1 and 1000 using the RANDBETWEEN function in Excel. Then, based on whether the number was even or odd, the subjects were divided into the intervention (even numbers) or control (odd numbers) groups. This simple and valid method is the statistical equivalent of a coin toss and has sufficient accuracy for randomized studies. Nurses from each hospital will be assigned to the intervention or control group, based on the study's entry and exit criteria.

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

AJA University of Medical Sciences

Street address

Fatemi St, Etemadzadeh St., Army University of Medical Sciences

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Province

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Postal code

1411718541

Approval date

2025-12-15, 1404/09/24

Ethics committee reference number

IR.AJAUMS.REC.1404.259

Health conditions studied

1

Description of health condition studied

Job stress; work-family conflict

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description

The effect of mindfulness-based stress reduction technique on the stress level of emergency department

nurses in selected AJA hospitals. Determining stress level with nurses' job stress questionnaire

Timepoint

Pre-test/post-test/control group

Method of measurement

Nurses' Occupational Stress Questionnaire: This scale was designed by Graytoft and Anderson. It consists of 34 items organized into 7 domains. The total score is 34-136, with a score of less than or equal to 68 indicating low stress, 103-69 indicating moderate stress, and greater than or equal to 104 indicating high stress.

2

Description

The effect of mindfulness-based stress reduction technique on the level of work-family conflict among emergency department nurses in selected AJA hospitals. Determining the level of work-family conflict with the Nurses' Work-Family Conflict Questionnaire

Timepoint

Pre-test/post-test/control group

Method of measurement

Nurses' Work-Family Conflict Questionnaire: The Minnesota Work-Family Conflict Questionnaire will be used. This questionnaire consists of 19 items on a 5-point Likert scale, with a total score of 95 and a range between 38 and 57 indicating an average situation, less than 38 indicating a poor situation, and above 57 indicating a favorable work-family conflict situation.

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: The mindfulness-based stress reduction program for nurses will be held weekly for five consecutive weeks, with a 60-minute group session each week in the hospital's training room, outside of the participants' working hours. Meetings will be held at the relevant hospital location and at specified times, in a manner that does not conflict with nurses' work shifts. The content of the sessions will be based on the standard protocol of "Mindfulness-Based Stress Reduction", which has been localized to suit the time and environmental conditions, and will be conducted by a researcher trained in this field using guided audio files, conscious breathing exercises, body scans, focusing on the five senses, and short meditations. At the end of each session, participants will also be given exercises to do at home (15–20 minutes per day), and they will be asked to share their experiences at the beginning of the next session. The content of the sessions will be presented in the form of a PowerPoint file, audio meditation, and a weekly practice form. Regular attendance at meetings and performing home exercises will be considered part of the intervention. To increase motivation and participation, individuals are subscribed to the internal messenger (WhatsApp or ETA) to receive exercise files and necessary reminders. Throughout the study, the researcher will answer participants' questions and concerns and is ethically obligated to keep the content of the discussions confidential.

Category

N/A

2

Description

Control group: Nurses in the control group will not receive any intervention and will continue their normal activities. However, to comply with ethical considerations and to provide equal opportunity for all participants, a mindfulness-based stress reduction training program will also be provided to members of the control group after the study ends.

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center

Imam Reza (PBUH) Hospital

Full name of responsible person

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Sponsors / Funding sources

1

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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
Artesh 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
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Full name of responsible person
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Sharing plan

Deidentified Individual Participant Data Set (IPD)

Yes - There is 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

Yes - There is a plan to make this available

Clinical Study Report

Yes - There is 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

Title and more details about the data/document

Some data, such as information related to the main outcome or the like, can be shared.

When the data will become available and for how long

Access period starts 6 months after results are published.

To whom data/document is available

Researchers working in academic and scientific institutions

Under which criteria data/document could be used

The use of research content is only permitted by citing the source and observing the scientific and ethical principles of the study.

From where data/document is obtainable

Email Address: gheisary80@gmail.com Researcher: Zahra Gheisari

What processes are involved for a request to access data/document

Time for submitting documents: 6 months after approval and printing.

Comments