Clinical Trial Protocol
Iranian Registry of Clinical Trials

07 Nov 2026

The effect of a Stoicism-based educational package on self-efficacy and self-management of nursing students in the field

Protocol summary

Study aim

Determining the effect of teaching Stoic philosophy on self-efficacy and self-management of nursing students.

Design

The sample size will be estimated using previous studies with α=0.05, β=0.1 and P=0.90, 22 people in each group, which will be determined by considering 25% dropout in each group, 28 people. Random allocation will be done using the four-way permutation blocking method. In this way, we will make six cards from four different combinations of the letters A and B, the first representing the intervention group and the second representing the control.

Settings and conduct

Cyberspace

Participants/Inclusion and exclusion criteria

1) دانشجویان ترم 8 کارشناسی پرستاری 2) داشتن رضایت آگاهانه برای شرکت در مطالعه 3) نداشتن اختلالات واضح روانی، جسمانی و شناختی 4) نداشتن استرس و اضطراب بیمار گونه 5) نگذراندن بحران عاطفی در 6 ماه گذشته (فوت یکی از عزیزان) 6)عدم مصرف داروهای سایکواکتیو و معیار های خروج نیز شامل غیبت بیش از دو جلسه و منصرف شدن از ادامه ی حضور در مطالعه

Intervention groups

The training will be provided in the form of eight sessions for two months, both in person and virtually. One session will be held each week, each session including an in-person and a virtual section. The in-person session will last for one hour, then a summary of the same session will be prepared by the instructor in the form of an audio file (podcast) for half an hour and shared in the virtual group that will be formed. To ensure complete listening to the podcasts, practical assignments will be designed in the form of scenarios so that the samples respond to the assignments based on Stoic philosophical teachings. . Before and after the study, two questionnaires, Scherrer's self-efficacy and Waltz's self-management.

Main outcome variables

Promoting and improving self-efficacy and self-management, to provide better patient care, promoting professionalism

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20260722070294N1**
Registration date: **2026-08-06, 1405/05/15**
Registration timing: **prospective**

Last update: **2026-08-06, 1405/05/15**
Update count: **0**

Registration date

2026-08-06, 1405/05/15

Registrant information

Name

Mobin Soleimanian Asl

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 51 3853 5851

Email address

mobinsoleimanian@gmail.com

Recruitment status

recruiting

Funding source

Expected recruitment start date

2026-09-23, 1405/07/01

Expected recruitment end date

2026-11-22, 1405/09/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title
The effect of a Stoicism-based educational package on self-efficacy and self-management of nursing students in the field

Public title
Investigating the effect of Stoic philosophy on self-efficacy and self-management

Purpose
Education/Guidance

Inclusion/Exclusion criteria

Inclusion criteria:
8th semester undergraduate nursing students Having informed consent to participate in the study Not having obvious mental, physical, or cognitive disorders Not having patient-like stress and anxiety Not having experienced an emotional crisis in the past 6 months (death of a loved one) Not taking psychoactive drugs

Exclusion criteria:
Absence of more than two sessions and withdrawal from continuing to participate in the study

Age
From **24 years** old to **26 years** old

Gender
Both

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **56**

Randomization (investigator's opinion)
Randomized

Randomization description
Random assignment will be done using a four-way permutation blocking method, in which six cards are created from four different combinations of the letters A and B, the first representing the intervention group and the second representing the control group.

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
Ethics Committee of Birjand University of Medical Sciences

Street address
Ghaffari Street, Central Organization of Birjand University of Medical Sciences

City
Birjand

Province
South Khorasan

Postal code
۹۷۱۷۸۵۳۵۷۷

Approval date
2026-05-13, 1405/02/23

Ethics committee reference number
IR.BUMS.REC.1405.055

Health conditions studied

1

Description of health condition studied
Self-efficacy and self-management

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description
Self-efficacy is the score that subjects get from the Scherrer Self-Efficacy Questionnaire.

Timepoint
Before the start of the study, 30 days after the end of the intervention

Method of measurement
Scherrer Self-Efficacy Questionnaire, Waltz Self-Management Questionnaire

Secondary outcomes

1

Description
Self-management is the score that subjects received from the Waltz Self-Management Questionnaire.

Timepoint
Before the study, 30 days after the intervention

Method of measurement
Waltz Questionnaire

Intervention groups

1

Description
Intervention group: According to a review of the literature and similar studies, the training will be provided in the form of eight sessions for two months, both in person and virtually. One session will be held each week, each session including an in-person and a virtual section. The in-person session will last for one hour, then a summary of the same session will be

prepared by the instructor in the form of an audio file (podcast) for half an hour and shared in the virtual group that will be formed so that students can benefit sufficiently from the content within the virtual group for review and recall. To ensure complete listening to the podcasts, practical assignments will be designed in the form of scenarios so that the samples respond to the assignments based on Stoic philosophical teachings. Before and after the study, two questionnaires, Scherrer's self-efficacy and Waltz's self-management, will be completed in both groups by interview method. The questionnaires will be completed after the intervention with an interval of one month.

Category

Other

2

Description

Control group: It is worth noting that after the study is completed, if the control group wishes, the podcasts will also be made available to this group, and during the intervention in the experimental group, no special action will be taken in the control group. Before and after the study, two questionnaires of Scherrer self-efficacy and Waltz self-management will be completed in both groups by interview method. The questionnaires will be completed after the intervention with an interval of one month.

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center

دانشکده پرستاری و مامایی دانشگاه علوم پزشکی بیرجند

Full name of responsible person

Amirhossein Boostani

Street address

Ghaffari Street, Birjand University of Medical Sciences

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webda@bums.ac.ir

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Birjand University of Medical Sciences

Full name of responsible person

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Grant name

24,400,000 Rial

Grant code / Reference number

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

Yes

Title of funding source

Birjand 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

Islamic Azad University

Full name of responsible person

Mobin Soleimanian Asl

Position

Faculty Instructor

Latest degree

Master

Other areas of specialty/work

Nursery

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Mobin Soleimanian Asl

Position
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Latest degree
Master

Other areas of specialty/work
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Person responsible for updating data

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Sharing plan

Deidentified Individual Participant Data Set (IPD)
Yes - There is a plan to make this available

Study Protocol
No - There is not 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
Yes - There is a plan to make this available

Title and more details about the data/document
All potential data can be shared after de-identifying individuals.

When the data will become available and for how long
Access period starts from 1406

To whom data/document is available
Our data will only be available to researchers working in academic and scientific institutions.

Under which criteria data/document could be used
Be in line with scientific development

From where data/document is obtainable
After the article is published in a journal, it can be accessed from the journal in question.

What processes are involved for a request to access data/document
The article is in line with the journal's print policies.

Comments