Clinical Trial Protocol
Iranian Registry of Clinical Trials

08 Nov 2026

The effect of a spiritual meditation-based educational intervention on emotional intelligence and occupational stress among nurses

Protocol summary

Study aim
The effect of a spiritual meditation-based educational intervention on emotional intelligence and occupational stress among nurses working in healthcare centers affiliated with Shiraz University of Medical Sciences.

Design
In this study, the intervention group will participate in a mindfulness training program based on spiritual meditation, consisting of eight in-person sessions over a two-month period. The educational content is designed according to Richards and Bergin's spiritual model, adapted with an Islamic approach, and will be delivered by the attending physician.

Settings and conduct
This randomized, two-group, open-label clinical trial will include 120 nurses from public hospitals in Shiraz (60 in the intervention group, 60 in the control group). Researchers will select eligible nurses via convenience sampling upon their referral to the hospital. A random number table will then allocate them to the intervention or control groups.

Participants/Inclusion and exclusion criteria
Inclusion criteria were official or contractual hospital employment, at least six months of work experience, and willingness to participate. Exclusion criteria were active psychiatric disorders requiring specialized treatment, severe physical or mental illness, concurrent similar interventions, and missing more than two intervention sessions.

Intervention groups
The intervention group will participate in a mindfulness training program based on spiritual meditation, delivered in eight in-person sessions over a two-month period. In contrast, the control group will receive no educational intervention during the study and will only be provided with standard care.

Main outcome variables
Mean scores of emotional intelligence and occupational stress.

General information

Reason for update

Acronym

IRCT registration information
IRCT registration number: **IRCT20260615069802N8**
Registration date: **2026-08-25, 1405/06/03**
Registration timing: **registered_while_recruiting**

Last update: **2026-08-25, 1405/06/03**
Update count: **0**

Registration date
2026-08-25, 1405/06/03

Registrant information

Name
Samira Taravatmanesh

Name of organization / entity

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Iran (Islamic Republic of)

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Recruitment status
Recruitment complete

Funding source

Expected recruitment start date
2026-08-23, 1405/06/01

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

The effect of a spiritual meditation-based educational intervention on emotional intelligence and occupational stress among nurses

Public title
The effect of a spiritual meditation-based educational intervention on emotional intelligence and occupational stress among nurses
Purpose
Education/Guidance
Inclusion/Exclusion criteria
Inclusion criteria:
Official or contractual employment At least 6 months of work experience Informed willingness to participate in the study
Exclusion criteria:
Having a diagnosed psychiatric disorder. Receiving concurrent psychological or psychiatric treatment.
Age
No age limit
Gender
Both

Phase
N/A
Groups that have been masked
No information
Sample size
Target sample size: **120**
Randomization (investigator's opinion)
Randomized
Randomization description
Participants were allocated to the study groups using simple randomization based on a table of random numbers. The random numbers were read sequentially from top to bottom, with the predetermined allocation rule that even numbers were assigned to the intervention group and odd numbers to the control group
Blinding (investigator's opinion)
Not blinded
Blinding description
Placebo
Not used
Assignment
Factorial
Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee
Name of ethics committee
Ethics Committee of the School of Health, Shiraz University of Medical Sciences
Street address
Central Building, Shiraz University of Medical Sciences, Zand St., Opposite Palestine St., Shiraz, Iran
City
Shiraz
Province
Fars
Postal code
71348-14336
Approval date
2026-08-16, 1405/05/25
Ethics committee reference number
IR.SUMS.SCHEANUT.REC.1405.045

Health conditions studied

1

Description of health condition studied
occupational stress
ICD-10 code
Z56.6
ICD-10 code description
سایر فشارهای جسمی و روانی مرتبط با کار

Primary outcomes

1

Description
Mean emotional intelligence score.
Timepoint
Prior to the start of the intervention and two months after the educational intervention
Method of measurement
Using the standard Wong and Law Emotional Intelligence Scale (2002).

2

Description
Mean occupational stress Score
Timepoint
Prior to the start of the intervention and two months after the educational intervention
Method of measurement
Using the standard HSE occupational stress questionnaire.

Secondary outcomes

empty

Intervention groups

1

Description
Intervention group: Intervention group: will receive a mindfulness training program based on spiritual meditation during 8 in-person sessions over a period of two months. The educational content is designed based on the spiritual model of Richards and Bergin with an Islamic approach and is delivered by the physician.
Category
Rehabilitation

2

Description
Control group: During the study period, they will not receive any educational intervention
Category
N/A

Recruitment centers

1

Recruitment center
Name of recruitment center
departments of hospitals affiliated with Shiraz University of Medical Sciences
Full name of responsible person
Samira Taravatmanesh
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Shiraz, Zand Street, Opposite Palestine Street, Central Building of Shiraz University of Medical Sciences
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Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Shiraz University of Medical Sciences
Full name of responsible person
Dr. Hamid Mohammadi
Street address
Shiraz, Zand Street, Opposite Palestine Street, Central Building of Shiraz University of Medical Sciences
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mohammadi@sums.ac.ir
Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
Shiraz 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
Shiraz University of Medical Sciences
Full name of responsible person
Tayebeh Rakhshani
Position
Associate professor
Latest degree
Ph.D.
Other areas of specialty/work
Health Promotion
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Person responsible for updating data

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Full name of responsible person

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Latest degree

Ph.D.

Other areas of specialty/work

Epidemiology

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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

Yes - There is a plan to make this available

Title and more details about the data/document

It will be published as an article titled: "Determining the Effect of a Spiritual Meditation-Based Educational Intervention on Emotional Intelligence and Occupational Stress Among Nurses Working in Healthcare Centers Affiliated With Shiraz University of Medical Sciences."

When the data will become available and for how long

2026-2027

To whom data/document is available

All people

Under which criteria data/document could be used

For healthcare teams (including physicians, nurses, and social workers) to become familiar with the implementation of this educational intervention.

From where data/document is obtainable

To obtain the document, please refer to the principal investigator of the study, Dr. Tayyebeh Rakhshani.

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

To obtain information, please refer to the thesis supervisor, Dr. Tayyebeh Rakhshani, or the researcher, Dr. Samira Taravatmanesh.

Comments