

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

10 Jun 2026

### The Effectiveness of Resilience Training Program on Job Burnout of Nurses in Special Units

#### Protocol summary

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#### Summary

This study aimed to investigate the effectiveness of resilience training program on job burnout of nurses in special units. Sixty nurses in special wards were randomly divided into two groups, 30 in the control and 30 in the test group. The Maslach Burnout Inventory and the Connor-Davidson Resilience Scale were distributed among both groups. The test group was instructed on resilience method for five 2-hour sessions. Immediately after completing the training courses, one and three months after the intervention the Maslach and Conner-Davidson questionnaires were completed by the test group. The control group received no intervention and filled out both questionnaires after the study.

#### Recruitment status

**Recruitment complete**

#### Funding source

Shahid Sadoughi University of Medical Sciences, Yazd

#### Expected recruitment start date

2017-05-22, 1396/03/01

#### Expected recruitment end date

2017-08-23, 1396/06/01

#### Actual recruitment start date

empty

#### Actual recruitment end date

empty

#### Trial completion date

empty

#### General information

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT2017071835167N1**

Registration date: **2017-08-09, 1396/05/18**

Registration timing: **registered\_while\_recruiting**

Last update:

Update count: **0**

##### Registration date

2017-08-09, 1396/05/18

##### Registrant information

###### Name

Omran Behjatzadeh

###### Name of organization / entity

Shahid Sadoughi University of Medical Sciences

###### Country

Iran (Islamic Republic of)

###### Phone

+98 917 148 6358

###### Email address

##### Scientific title

The Effectiveness of Resilience Training Program on Job Burnout of Nurses in Special Units

##### Public title

The Effectiveness of Resilience Training Program on Job Burnout of Nurses in Special Units

##### Purpose

Supportive

##### Inclusion/Exclusion criteria

inclusion criteria: Employed in special units; Minimum work experience of two years; Informed consent to participate in the study; Bachelor or higher degree in nursing  
Exclusion criteria: Major familial problems and specific diseases; Leaving the program/study; Non-attendance at the training workshop

##### 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

### 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 Shahid Sadoughi University of Medical Sciences

##### Street address

Central Building of University, Bahonar Square

##### City

Yazd

##### Postal code

#### Approval date

2017-06-20, 1396/03/30

#### Ethics committee reference number

ir.ssu.rec.1396.67

## Health conditions studied

### 1

#### Description of health condition studied

job burnout

#### ICD-10 code

z 73.0

#### ICD-10 code description

burn -out

## Primary outcomes

### 1

#### Description

Job Burnout

#### Timepoint

Before the intervention, 1 month after the intervention, 3 months after the intervention

#### Method of measurement

Questionnaire

## Secondary outcomes

empty

## Intervention groups

### 1

#### Description

Five 2-hour resilience training sessions were held for the test group. The content of the sessions included increasing positive emotions, using specific capabilities in important areas of life, teaching happiness principles, and interventions to increase happiness. Afterwards, the Maslach Burnout Inventory and the Connor-Davidson Resilience Scale were completed immediately after the intervention and one and three months after it.

#### Category

Lifestyle

### 2

#### Description

In the control group, no interventions were carried out. The Maslach Burnout Inventory and the Connor-Davidson Resilience Scale were completed by this group.

#### Category

Lifestyle

## Recruitment centers

### 1

#### Recruitment center

##### Name of recruitment center

Imam Khomeini Hospital of Dehdasht

##### Full name of responsible person

Omran Behjatzadeh

##### Street address

Sepah Street, Dehdasht

##### City

Kohgiluyeh

## Sponsors / Funding sources

### 1

#### Sponsor

##### Name of organization / entity

Shahid Sadoughi University of Medical Sciences

##### Full name of responsible person

Amir Hoshang Mehrparvar

##### Street address

Deputy for research, Central Building of Shahid Sadoughi University of Medical Sciences, Bahonar Square

##### City

Yazd

#### Grant name

#### Grant code / Reference number

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

Yes

**Title of funding source**

Shahid Sadoughi University of Medical Sciences

**Proportion provided by this source**

100

**Public or private sector**

*empty*

**Domestic or foreign origin**

*empty*

**Category of foreign source of funding**

*empty*

**Country of origin**

**Type of organization providing the funding**

*empty*

**Person responsible for general inquiries**

**Contact**

**Name of organization / entity**

School of Nursing, Shahid Sadoughi University of  
Medical Sciences of Yazd

**Full name of responsible person**

Omran Behjatzadeh

**Position**

MSN in Critical Care Nursing

**Other areas of specialty/work**

**Street address**

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University of Medical Sciences, Opposite Infertility  
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**Web page address**

**Sharing plan**

**Deidentified Individual Participant Data Set (IPD)**

*empty*

**Study Protocol**

*empty*

**Statistical Analysis Plan**

*empty*

**Informed Consent Form**

*empty*

**Clinical Study Report**

*empty*

**Analytic Code**

*empty*

**Data Dictionary**

*empty*