Clinical Trial Protocol
Iranian Registry of Clinical Trials

31 Oct 2026

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

Protocol summary

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.

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

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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

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 Buillding 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

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Person responsible for scientific inquiries

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Full name of responsible person

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Position

PhD in Nursing

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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