

Clinical Trial Protocol

Iranian Registry of Clinical Trials

10 Jun 2026

The Effectiveness of Teaching Resilience Techniques Using Microlearning Method on the Level of Stress, Anxiety and Happiness of all Nurses Working in Intensive Care Units.

Protocol summary

Study aim

Determining the Effect of Teaching Resilience Techniques by Microlearning Method on Stress, Anxiety and Happiness of Nurses in Special Care Units During the COVID-19 Pandemic in Selected Ajah Hospitals.

Design

A Randomized Clinical Trial with Control and Test groups on 60 Nurses The Samples were Selected by Simple Random Method

Settings and conduct

Two groups were selected by a simple random method from among the special nurses of Aja hospitals, and the educational content, which includes video and text, was provided to the test group in the form of an application, and finally, the effectiveness was measured with the help of valid questionnaires.

Participants/Inclusion and exclusion criteria

1. Willingness to participate in the study 2. Having work experience of at least 6 months in CCU, ICU with patients with covid-19 3. Have at least a Bachelor's degree in nursing 4. Access to electronic tools, including mobile phones with Android 5. Not having any medication affecting mental health in last two weeks 6. No history of experiencing emotional during last six months; 1. Unwillingness to continue cooperation in study 2. Incomplete completion of stress, anxiety and happiness questionnaires 3. Nurses who have plan. 4. Involvement in the crisis during study

Intervention groups

Educational content will be provided to test group, which includes face-to-face meeting to introduce, introduce the application. The application will be installed on test group. The duration of the training will be 4 weeks, and an application will be prepared by the research team for this purpose, educational content will be defined by the microlearning method and will be available to nurses of the test group. During the study period, the nurses of the

control group will not receive training from the researcher.

Main outcome variables

Reducing Stress and Anxiety; Increasing Happiness by Applying Resilience Techniques

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20221225056916N1**

Registration date: **2023-04-29, 1402/02/09**

Registration timing: **prospective**

Last update: **2023-04-29, 1402/02/09**

Update count: **0**

Registration date

2023-04-29, 1402/02/09

Registrant information

Name

Maryam Abbasalizadeh

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 21 7766 1923

Email address

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Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2023-05-10, 1402/02/20

Expected recruitment end date

2023-06-10, 1402/03/20

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The Effectiveness of Teaching Resilience Techniques Using Microlearning Method on the Level of Stress, Anxiety and Happiness of all Nurses Working in Intensive Care Units.

Public title

The Effectiveness of Training Resilience on Stress and Anxiety and Happiness of Nurses in Intensive Care Units

Purpose

Health service research

Inclusion/Exclusion criteria**Inclusion criteria:**

1. Willingness to participate in the study
2. Having work experience of at least 6 months in CCU, ICU departments with patients with covid
3. Have at least a bachelor's degree in nursing
4. Access to electronic tools, including smart mobile phones with Android software
5. Not having a history of taking any medication affecting mental health in the last two (51) weeks
6. No history of experiencing emotional crises during the last six months

Exclusion criteria:**Age**

No age limit

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: 30

Randomization (investigator's opinion)

Randomized

Randomization description

Sampling will be available and full. Sampling of nurses working in special care units, ICU, CCU of selected Aja hospitals will be done in full. The samples will be placed one in the middle in the training and 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 Army Medical Sciences University

Street address

Unit 7, Plate47, Jalili Street, Mazandaran Stree, EmamHossein Squaret,

City

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Tehran

Postal code

1153853415

Approval date

2022-12-18, 1401/09/27

Ethics committee reference number

IR.AJAUMS.REC.1401.173

Health conditions studied**1****Description of health condition studied**

It examines the impact of training resilience techniques on the level of stress, anxiety and happiness of nurses during the covid pandemic in the nurses of selected AJA hospitals, because these hospitals are military and the occurrence of any crisis can cause additional stress and anxiety to nurses. will be done.

ICD-10 code

F43.0

ICD-10 code description

Acute stress reaction

Primary outcomes**1****Description**

Resilience Score in the Connor-Davidson Resilience Questionnaire

Timepoint

7, 14 Days after the Intervention and Seeing the Application

Method of measurement

Personal information form, CONNOR-DAVIDSON resilience questionnaire, DASS stress and anxiety questionnaire and Oxford OHQ happiness questionnaire

Secondary outcomes

empty

Intervention groups**1****Description**

Intervention group: The intervention group:) will prepare the educational content based on the resilience

techniques contained in the guidelines of the comprehensive standards announced by the Ministry of Health and Medical Education and based on the available resources, and the validity of the content and application will be approved by expert professors in this regard. Receipt. Then the educational content will be provided to the test group

Category

Behavior

Recruitment centers

1

Recruitment center

Name of recruitment center

Aja 501 hospital

Full name of responsible person

Maryam Abbasalizadeh

Street address

Hospital 501, Etemadzadeh St, Jamalzadeh St, Fatemi Square

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Artesh University of Medical Sciences

Full name of responsible person

Mohsen Chaman ara

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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

40

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

Artesh University of Medical Sciences

Full name of responsible person

Zahra Farsi

Position

Professor

Latest degree

Ph.D.

Other areas of specialty/work

Nursery

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Army School of Nursing, Kaj Street, Shariati Street

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Person responsible for scientific inquiries

Contact

Name of organization / entity

Artesh University of Medical Sciences

Full name of responsible person

zahra farsi

Position

professor

Latest degree

Ph.D.

Other areas of specialty/work

Nursery

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Person responsible for updating data**Contact****Name of organization / entity**

Artesh University of Medical Sciences

Full name of responsible person

maryam abbasalizadeh

Position

nursing student

Latest degree

Bachelor

Other areas of specialty/work

Nursery

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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

Not applicable

Data Dictionary

Not applicable

Title and more details about the data/document

The educational content will be prepared based on the available resilience techniques in the guidelines of the comprehensive standards announced by the Ministry of Health and Medical Education and based on the available resources and the validity of the content and application will be approved by expert professors in this regard. .

When the data will become available and for how long

Access starts 2 months after the results are published

To whom data/document is available

According to the results of this study, the officials of the hospitals, including the quality improvement office, matrons, supervisors, supervisors, nurses, and the health department and the mental department, can reduce some of the mental health problems among the nurses working in the special care departments of the hospital. and improve their psychological level. Also, nursing professors and other researchers, by taking advantage of the results of the present study and paying attention to electronic trainings related to the levels of stress, anxiety and happiness, can have a great help in the process of improving the mental health of nurses.

Under which criteria data/document could be used

According to the results of this study, the officials of the hospitals, including the quality improvement office, matrons, supervisors, supervisors, nurses, and the health department and the mental department, can reduce some of the mental health problems among the nurses working in the special care departments of the hospital. and improve their psychological level. Also, nursing professors and other researchers, by taking advantage of the results of the present study and paying attention to electronic trainings related to the levels of stress, anxiety and happiness, can have a great help in the process of improving the mental health of nurses.

From where data/document is obtainable

Researcher Maryam Abbas Alizadeh
maryam_abbasalizadeh@yahoo.com

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

It only takes one to three weeks from the time an email is sent to be answered

Comments