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
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Iran (Islamic Republic of)
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+98 21 7766 1923
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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:
    . Willingness to participate in the study2. Having work experience of at least 6 months in CCU, ICU departments with patients with covid3. Have at least a bachelor's degree in nursing4. Access to electronic tools, including smart mobile phones with Android software5. Not having a history of taking any medication affecting mental health in the last two (51) weeks6. 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
        Tehran
    Province
        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
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Sponsors / Funding sources

1

Sponsor
　Name of organization / entity
　　Artesh University of Medical Sciences
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　　Mohsen Chaman ara
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　Province
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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
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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