Ref: 26/3/1.1/166
Date: 3/2/2026

الرقـــم: .....
التاريـخ: .....
الموافق: .....

Official Approval Letter

rincipal Investigator : Dr. Falastine Rafiq Hamdan
College : Faculty of Nursing

ar Researcher,
th reference to the Institutional Review Board (IRB) application form submitted by you for the research oposal (Protocol No **(60/5/2025/2026)** entitled:

" Effectiveness of a Stress Management Training Program in Reducing Caregiver Burden and Perceived Stress Among Families of Long-Stay ICU Patients."

e Institutional Review Board has reviewed your research proposal through an expedited review process in meeting (5/2025/2026) dated (29/1/2026).After ensuring that the ethical aspects of the proposal comply th the approved scientific and ethical standards adopted by the committee, you are hereby granted proval to conduct the study.

te that this approval is valid for **one year** from the date of this letter, in according to the following nditions:

1. The study must be conducted strictly in accordance with the approved protocol. No amendments are permitted unless prior approval is obtained from the Deanship of Scientific Research and Innovation. Substantial amendments may require submitting new application for review.
2. The research protocol number and project title mentioned above must be cited in all future correspondence with the Committee or the Deanship
3. All original data related to the project must be stored and archived for a period of no less than five years from the study's end date. The Principal Investigator bears full responsibility for this requirement.
4. The principal investigator is prohibited from direct contact with patients or study participants without prior authorization from the IRB.
5. The principal investigator is responsible for ensuring participant confidentiality and complying with all ethical guidelines.
6. Adherence to obtaining the necessary approvals and observing the relevant laws and regulations, under penalty of liability and invalidation.

With our sincere regards,

airman, Institutional Review Board (IRB)

Prof. Mohammad Faiz Hamad

Data Analysis

Statistical analysis will be done using appropriate statistical software.

- Demographic and care-taking characteristics will be summarized using descriptive statistics.
- Independent t tests and chi square tests will address baseline group differences.
- Paired t-tests will determine the changes in each group before and after the intervention.
- Analysis of covariance (ANCOVA) will be used to compare post intervention outcomes between groups but controlled for pre intervention scores.
- Statistical significance will be set at $p<.05$.