

Clinical Trial Protocol

Iranian Registry of Clinical Trials

30 May 2026

Effect of Tavassol prayer on mental health of second year nursing students of School of Nursing and Midwifery, Arak

Protocol summary

Summary

The purpose of this study is the effect of prayer on mental health of nursing students in the second year. This is quasi-experimental study with two groups of pre-post test method. All second year nursing students with census methods were randomly assigned to two groups of intervention (n = 31) and control (n = 27) group. General Health Questionnaire (GHQ-28) was used for data collection. In the intervention group, Tavassol prayer was recite twice a week for 4 weeks. Mental health was assessed before and one month after intervention for two groups.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2012090210713N1**
Registration date: **2012-11-08, 1391/08/18**
Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2012-11-08, 1391/08/18

Registrant information

Name

Moloud Farmahani Farahani

Name of organization / entity

Arak University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 86 1417 3524

Email address

farahani91@arakmu.ac.ir

Recruitment status

Recruitment complete

Funding source

Arak university of Medical sciences

Expected recruitment start date

2011-10-12, 1390/07/20

Expected recruitment end date

2012-05-17, 1391/02/28

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effect of Tavassol prayer on mental health of second year nursing students of School of Nursing and Midwifery, Arak

Public title

Effect of Tavassol prayer on mental health of nursing students

Purpose

Prevention

Inclusion/Exclusion criteria

Inclusion criteria: no history of a psychiatric disorder under treatment; age between 19-25 years old; a second year student nurse Exclusion criteria: age less than 19 and more than 25 years; recite Tavassol prayer for less than five times during the study period in intervention group

Age

From **19 years** old to **25 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: 58

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

Arak University of Medical Sciences

Street address

Arak University of Medical Sciences, Arak, Iran

City

Arak

Postal code

Approval date

2011-01-05, 1389/10/15

Ethics committee reference number

2-106-90

Health conditions studied

1

Description of health condition studied

Mental Health

ICD-10 code

Z00.4

ICD-10 code description

General psychiatric examination, not elsewhere classified

Primary outcomes

1

Description

Mental Health

Timepoint

Baseline, One month after the intervention

Method of measurement

GHQ-28

Secondary outcomes

empty

Intervention groups

1

Description

In the intervention group, Tavassol prayer was recite twice a week for 4 weeks.

Category

Other

2

Description

In the control group, the intervention is not.

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center

Arak University of Medical Sciences

Full name of responsible person

Molud Farmahini Farahani

Street address

Arak University of Medical Sciences, Arak, Iran

City

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Arak University of Medical Sciences

Full name of responsible person

Dr. Said Changizi Ashtiyani

Street address

Arak University of Medical Sciences, Arak, Iran

City

Arak

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Arak 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

Arak university of Medical Sciences

Full name of responsible person

Zahra Purfarzad

Position

MSc Nursing Education

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Fax

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