

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

30 May 2026

### Effect of Holy Quran Sound and non-verbal music therapy on post traumatic stress disorder in mothers of preterm infants hospitalized in the NICU

#### Protocol summary

##### Summary

This Study is a Randomized Clinical Trial. The population consist of mothers that have premature infants hospitalize in neonatal intensive care unit in the Martyrs Kargar Hospital of Yazd. Mothers Who Have Post traumatic Stress Disorder select by PPQ Questionnaire (the perinatal PTSD Questionnaire) and Confirmation of physiological. Then they assign in three groups that each group have 30 members randomly. We Play Maryam s sura for the first group. also Play nonverbal Music include natural sounds such as the sound of the sea, rain, water, and mothers listen to these musics between 20-30 min daily for two weeks. Then They Fill out The PPQ(the Perinatal PTSD Questionnaire) questionnaire After The passing 2-4 weeks and compare it with the score of pretest. we give Quran and music cassette after the sampling for the control group.

#### General information

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT2016092911230N4**

Registration date: **2016-10-30, 1395/08/09**

Registration timing: **registered\_while\_recruiting**

Last update:

Update count: **0**

##### Registration date

2016-10-30, 1395/08/09

##### Registrant information

##### Name

Zahra Pourmovahed

##### Name of organization / entity

Shahid Sadoughi University of Medical Sciences

##### Country

Iran (Islamic Republic of)

##### Phone

+98 35 3824 1751

##### Email address

z\_pourmovahed@ssu.ac.ir

##### Recruitment status

**Recruitment complete**

##### Funding source

Shahid Sadoughi University of Medical Sciences, Yazd

##### Expected recruitment start date

2016-09-22, 1395/07/01

##### Expected recruitment end date

2017-09-23, 1396/07/01

##### Actual recruitment start date

empty

##### Actual recruitment end date

empty

##### Trial completion date

empty

##### Scientific title

Effect of Holy Quran Sound and non-verbal music therapy on post traumatic stress disorder in mothers of preterm infants hospitalized in the NICU

##### Public title

Effect of Holy Quran Sound and non-verbal music therapy on post traumatic stress disorder in mothers of preterm infants hospitalized in the NICU

##### Purpose

Supportive

##### Inclusion/Exclusion criteria

Inclusion criteria: having a desire to participate in the study; being Muslim; complete consciousness; being literate; not having hearing problems; lack of drug addiction; not using of antidepressant and anti-anxiety drugs one month before of sampling; the not having of history post-traumatic stress disorder; not having history

of premature infants in the NICU(neonatal intensive care unit); getting a score higher than 6 from PPQ Questionnaire (the perinatal PTSD Questionnaire).  
exclusion criteria:using of sedative and anti-anxiety drugs; occurring the stressful and unexpected events during the study; suffering the intermediate and severe depression and anxiety during the study; disinclination for continuing the participation in research study.

#### Age

No age limit

#### Gender

Female

#### Phase

N/A

#### Groups that have been masked

No information

#### Sample size

Target sample size: 90

#### 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

Shahid Sadoughi University of Medical Sciences, Yazd

##### Street address

yazd,safaieh, boali street

##### City

yazd

##### Postal code

8916877391

#### Approval date

2010-09-23, 1389/07/01

#### Ethics committee reference number

IR.SSU.RSI.REC.1395.14

## Health conditions studied

### 1

#### Description of health condition studied

Post-traumatic stress disorder

#### ICD-10 code

F43.1

#### ICD-10 code description

Post-traumatic stress disorder

## Primary outcomes

### 1

#### Description

Post-traumatic stress disorder

#### Timepoint

before intervention- after intervention

#### Method of measurement

PPQ questionnaire(the Perinatal PTSD Questionnaire)

## Secondary outcomes

empty

## Intervention groups

### 1

#### Description

We Play Maryam s sura for the first group, and mothers listen to these musics between 20-30 minutes daily for two weeks. Then They Fill out The PPQ(the Perinatal PTSD Questionnaire) questionnaire After The passing 2-4 weeks.

#### Category

Behavior

### 2

#### Description

We Play nonverbal Music include natural sounds such as the sound of the sea, rain, water, and mothers listen to these musics between 20-30 min daily for two weeks. Then They Fill out The PPQ(the Perinatal PTSD Questionnaire) questionnaire After The passing 2-4 weeks and compare it with the score of pretest.

#### Category

Behavior

### 3

#### Description

control group: In control group no intervention is done

#### Category

N/A

## Recruitment centers

### 1

#### Recruitment center

##### Name of recruitment center

Martyrs Kargar Hospital

##### Full name of responsible person

Zahra Pourmovahed

##### Street address

Faculty of Nursing and Midwifery, SafaiehStreet, Yazd

##### City

Yazd

## Sponsors / Funding sources

1

### Sponsor

**Name of organization / entity**

Vice Chancellor for Research of Shahid SadoughiYazd  
University of Medical Sciences

**Full name of responsible person**

Zahra Pourmovahed

**Street address**

Faculty of Nursing and Midwifery, Safaieh Street, Yazd

**City**

Yazd

**Grant name****Grant code / Reference number****Is the source of funding the same sponsor organization/entity?**

Yes

**Title of funding source**

Vice Chancellor for Research of Shahid SadoughiYazd  
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**

Shahid Sadoughi University of Medical Sciences, Yazd

**Full name of responsible person**

Zahra Pourmovahed

**Position**

Master of Nursing, PhD Research Student

**Other areas of specialty/work****Street address**

Faculty of Nursing and Midwifery, Safaieh Street, Yazd

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**Web page address**

## Person responsible for scientific inquiries

**Contact****Name of organization / entity**

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## Person responsible for updating data

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**Web page address**

## 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*