

Clinical Trial Protocol

Iranian Registry of Clinical Trials

18 Sep 2026

The Effect of spiritual Counseling base on spiritual intelligence on depression, Anxiety and stress of pregnant Women

Protocol summary

Summary

The aim of This randomized clinical trial study is: The Effect of spiritual Counseling base on spiritual intelligence on Anxiety, stress and depression of pregnant Women. Inclusion criteria include of Willingness to participate in the research, single and live fetus, being in the third trimester, lack of physical illness or a history of high-risk pregnancy , Lack of experience of depression and anxiety disorders in first degree relatives, And Lack of history of depression and anxiety and Antidepressants and anti-anxiety drugs in pregnancy or before, Health hearing , Having depression score 10 (mild depression upward), at least 8 of anxiety (anxiety, mild upward) and a minimum score of 15 stress (stress slightly upward), using questionnaire of depression, anxiety and stress . Exclusion criteria include of lack of cooperation, pregnancy complications or problems that prevent a person to attend classes. At this study 66 pregnant women that refered to Fatemieh Hospital, Hamedan (2015), which were randomly assigned into two groups. The experimental group received 8 sessions of spiritual counseling and the control group took routine prenatal care. Then we will evaluate effect of spiritual counseling on depression, anxiety and stress of volunteers, using a anxiety, stress and depression questionnaire

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2013121515341N3**
Registration date: **2015-05-15, 1394/02/25**
Registration timing: **registered_while_recruiting**

Last update:

Update count: **0**

Registration date

2015-05-15, 1394/02/25

Registrant information

Name

Batul Khodakarami

Name of organization / entity

Hamedan University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 81 1838 0447

Email address

khodakaramy@umsha.ac.ir

Recruitment status

Recruitment complete

Funding source

Hamadan university of medical sciences

Expected recruitment start date

2015-03-03, 1393/12/12

Expected recruitment end date

2015-06-02, 1394/03/12

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The Effect of spiritual Counseling base on spiritual intelligence on depression, Anxiety and stress of pregnant Women

Public title

the effect of Spirituality on depression, anxiety and stress

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria: Willingness to participate in the research , single and live fetus, being in the third trimester, lack of physical illness or a history of high-risk

pregnancy , Lack of experience of depression and anxiety disorders in first degree relatives, And Lack of history of depression and anxiety and Antidepressants and anti-anxiety drugs in pregnancy or before, Having depression score 10 (mild depression upward), at least 8 of anxiety (anxiety, mild upward) and a minimum score of 15 stress (stress slightly upward), using questionnaire of depression, anxiety and stress. Exclusion criteria: lack of cooperation, pregnancy complications or problems that prevent a person to attend classes

Age

No age limit

Gender

Female

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: 66

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

Vice Chancellor for Research and Technology of
Hamadan University of Medical Sciences

Street address

Hamedan University of Medical Sciences and Health
Services, St.Shahid Fahmide ,Hamedan

City

Hamedan

Postal code

65178

Approval date

2015-03-02, 1393/12/11

Ethics committee reference number

6384/9/35/16/پ

Health conditions studied

1

Description of health condition studied

Depression, anxiety and stress in pregnancy

ICD-10 code

F41.2

ICD-10 code description

Mixed anxiety and depressive disorder

Primary outcomes

1

Description

Depression

Timepoint

Before intervention, two months after the intervention

Method of measurement

Questionnaire of depression, anxiety and stress (dass)

2

Description

anxiety

Timepoint

Before intervention, two months after the intervention

Method of measurement

Questionnaire of depression, anxiety and stress (dass)

3

Description

stress

Timepoint

Before intervention, two months after the intervention

Method of measurement

Questionnaire of depression, anxiety and stress (dass)

Secondary outcomes

1

Description

Spiritual Intelligence

Timepoint

Before intervention, Two months after the intervention

Method of measurement

Questionnaire of Spiritual Intelligence King

Intervention groups

1

Description

Intervention group: providing spiritual counseling base on spiritual intelligence component to pregnant women by midwives and psychologist with group counseling approach. Counseling sessions 8 .sessions of 45 minutes for groups of pregnant women is 8 members.

Category

Treatment - Other

2

Description

Control group: training and regular prenatal care
Category
Treatment - Other

Recruitment centers

1

Recruitment center

Name of recruitment center
Fatemieh Hospital of Hamadan
Full name of responsible person
Faegheh Gholizadeh
Street address
Fatemieh Hospital, St:Sepah, Hamedan
City
Hamedan

Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Hamedan University of Medical sciences
Full name of responsible person
Saeed Bashirian
Street address
Vice Chancellor for Research & Technology, Hamedan
University of Medical Sciences, St:Shahid Fahmide,
Hamedan
City
Hamedan
Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
Hamedan 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
Hamedan University of Medical Sciences
Full name of responsible person
Faegheh GolAlizadeh
Position
MSc Student in Midwifery counseling
Other areas of specialty/work

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Person responsible for scientific inquiries

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Position

Master of Science, Faculty of Nursing and Midwifery

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Web page address	<i>empty</i>
Sharing plan	Informed Consent Form
	<i>empty</i>
Deidentified Individual Participant Data Set (IPD)	Clinical Study Report
<i>empty</i>	<i>empty</i>
Study Protocol	Analytic Code
<i>empty</i>	<i>empty</i>
Statistical Analysis Plan	Data Dictionary
	<i>empty</i>