

Clinical Trial Protocol

Iranian Registry of Clinical Trials

28 May 2026

Effects of Religious Clinical Cares by Clergymen on Anxiety and Depression of the Patients and their Spiritual Health

Protocol summary

Summary

The aim of the present study is to determine the effectiveness of clinical religious cares on the anxiety, depression, and spiritual health of hospitalized patients in Qom-Iran. At the beginning of study, the researcher selected 150 hospitalized patients who were not mentally sick and did not receive specific drugs. The samples were divided in two control and intervention groups. A three section questionnaire has been applied to collect data, consisted of 1- demographic data, 2- standardized questionnaire of the Hospital Anxiety and Depression Scale (HADS), and 3-Palutzian& Ellison's 20-item questionnaire of spiritual health. It measures both religious and existential well-being. Then, the subjects were assigned to control and intervention groups, randomly. At the next stage, intervention of a clergyman was applied as a religious care among the intervention group. Intervention type, content and method were designed with regard to the opinions of the religious experts and colleagues at the pre-test results analysis stage. After the educational intervention, mentioned questionnaires were distributed among the participants once more, aiming at comparing the effects of religious intervention on the test group members' Anxiety, depression and spiritual health and those of the control group.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2014060918022N1**
Registration date: **2014-08-22, 1393/05/31**
Registration timing: **registered_while_recruiting**

Last update:

Update count: **0**

Registration date

2014-08-22, 1393/05/31

Registrant information

Name

Sarallah Shojaei

Name of organization / entity

Qom University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 25 3772 2154

Email address

sarallah.shojaei@modares.ac.ir

Recruitment status

Recruitment complete

Funding source

Qom University of Medical Sciences

Expected recruitment start date

2014-06-21, 1393/03/31

Expected recruitment end date

2014-09-21, 1393/06/30

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effects of Religious Clinical Cares by Clergymen on Anxiety and Depression of the Patients and their Spiritual Health

Public title

Effects of Religious Clinical Cares by Clergymen on Anxiety and Depression of the Patients and their Spiritual Health

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria: hospitalized and mature at the time of study; providing the written consent; capability of responding the questions; lack of anti- anxiety and anti-depression drug use at the time of study; and being Muslim. Exclusion criteria : having mental diseases records or being infected by mental retardation and the underlying disorders; lack of willingness to continue participation in the study; leading to some difficulties for the patients concerning their transferring to other hospitals or releasing; and drug abuse records.

Age

From **15 years** old to **139 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **150**

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

Qom university of medical sciences

Street address

Shahid Lavasani st

City

Qom

Postal code

Approval date

2014-05-11, 1393/02/21

Ethics committee reference number

3247

Health conditions studied

1

Description of health condition studied

Anxiety and Depression

ICD-10 code

F41.2

ICD-10 code description

Mixed anxiety and depressive disorder

Primary outcomes

1

Description

stress

Timepoint

pre and post intervention

Method of measurement

Questionnaire

2

Description

depression

Timepoint

pre and post intervention

Method of measurement

Questionnaire

3

Description

spiritual health

Timepoint

pre and post intervention

Method of measurement

Questionnaire

Secondary outcomes

1

Description

disease

Timepoint

post intervention

Method of measurement

clinical observation

Intervention groups

1

Description

the control group receives the usual care of the nurses.

Category

Other

2

Description

providing the participants with clergyman face to face interaction and discussion in the hospital for half or one hour, depending on the patient mood and situation;

Category

Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Nekoei hospital

Full name of responsible person

Sarallah Shojaei

Street address

Mirzaye ghomi sq; Shahid Taleghani st

City

Qom

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Qom univesity of medical sciences

Full name of responsible person

Dr.Hosein Saghafi

Street address

Shahid Lavasani st

City

Qom

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Qom univesity 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

Qom university of medical sciences

Full name of responsible person

Sarallah Shojaei

Position

PhD student in health education and promotion.

Other areas of specialty/work

Street address

No196, Alley4, 20metri fajr St, 45metri sadoogh Ave

City

Qom

Postal code

37131

Phone

+98 25 3711 8385

Fax

Email

sarallahshojaei@gmail.com

Web page address

Person responsible for scientific inquiries

Contact

Name of organization / entity

Qom university of medical sciences

Full name of responsible person

Sarallah Shojaei

Position

PhD student in health education and promotion.

Other areas of specialty/work

Street address

No196, Alley4, 20metri fajr St, 45metri sadoogh Ave

City

Qom

Postal code

37131

Phone

+98 25 3291 4108

Fax

Email

sarallahshojaei@gmail.com

Web page address

Person responsible for updating data

Contact

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