Clinical Trial Protocol
Iranian Registry of Clinical Trials

08 Nov 2026

The effect of the Spiritual care on caregiver burden Mothers with Intellectual disability

Protocol summary

Summary

Taking care of mentally retarded children creates many problems for mothers. The problems lead to mother's care burden and forgetfulness of self-care by her. Due to the effective role of spiritual confrontations in meeting the psychological needs of the mothers with mentally retarded children, this study aims to determine the effect of spiritual self-care on care burden of the mothers with mentally retarded children who are supported by Elahi rehabilitation center in Quchan. This is a semi-experimental study in which 60 mothers with mentally retarded children are considered by the before-and-after test. Sample population of the study are the total available number of these mothers. The qualifications the mothers need include being Muslim, having at least primary school literacy, being the real parent of the child, etc; and the exclusion qualifications include being a member of religious minority, illiteracy, being unreal parent of the child, having depression, etc. Sample population are divided randomly to the intervention group and the control group. Data collection tools include a personal information researcher-made questionnaire with 14 questions based on research purposes. The questions are about age, marital status, education level, income, job, number of children, place of residence and gender of children. To determine the questionnaire validity, the corrective comments and suggestions of 10 professors of Zabol Nursing and Midwifery faculty were used. Caregiver burden questionnaire (Novak &Guest, 1389)with 24 items is also used to measure objective and subjective caregiver burden. The questionnaires are completed before, immediately after and two weeks later of the spiritual self-care training. For data analysis, SPSS20 software is used.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2016031327037N1**
Registration date: **2016-11-11, 1395/08/21**
Registration timing: **retrospective**

Last update:
Update count: **0**

Registration date

2016-11-11, 1395/08/21

Registrant information

Name

Mitra Dindar

Name of organization / entity

Zabol univercity

Country

Iran (Islamic Republic of)

Phone

+98 532225402054

Email address

dindarm1@mums.ac.ir

Recruitment status

Recruitment complete

Funding source

Governmental

Expected recruitment start date

2016-01-21, 1394/11/01

Expected recruitment end date

2016-06-21, 1395/04/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of the Spiritual care on caregiver burden Mothers with Intellectual disability

Public title
The effect of the Spiritual care on caregiver burden Mothers with Intellectual disability
Purpose
Supportive
Inclusion/Exclusion criteria
Inclusion criteria: Mentally disabled children; Being Muslim;Have at least basic literacy; The real mother of the child; The lack of clear diagnosis of depressive illness; Not taking antidepressant medication; Not taking any narcotic drugs or psychotropic; willingness to participate in research; Lack of disabled children; the ability to communicate verbally with mothers by religious adviser with any Ethnicity۹ Exclusion criteria: Being religious minorities; Illiteracy; Having a child than half; Having depression and taking antidepressants; Drug addiction and drug or psychotropic; Unwillingness to participate in research
Age
From **20 years** old to **60 years** old
Gender
Female

Phase
N/A
Groups that have been masked
No information
Sample size
Target sample size: **60**
Randomization (investigator's opinion)
Randomized
Randomization description
Blinding (investigator's opinion)
Single blinded
Blinding description
Placebo
Not used
Assignment
Parallel
Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee
Name of ethics committee
School of Nursing and Midwifery, Zabol University of Medical Sciences.
Street address
Ferdowsi street, Zabol
City
zabol
Postal code
9861663335
Approval date
2016-04-20, 1395/02/01
Ethics committee reference number
zbmu.1.REC.1394.131

Health conditions studied

1

Description of health condition studied
burden caregiver
ICD-10 code
ICD-10 code description

Primary outcomes

1

Description
burden caregiver
Timepoint
Before the intervention After the intervention two weeks after the intervention
Method of measurement
burden caregiver questionnaireGuest& Novak

Secondary outcomes

empty

Intervention groups

1

Description
Adjusted on the basis of spiritual-religious spiritual care training strategies will be Richard and BerginThe Islamic approach and focus on issues such as meditation, prayer, repentance and forgiveness, altruism, patience, trust and tankWhich is run by a religious adviser to the study group.Features chaplain, dressed as clergy without, a scholar at the GraduateAnd fluent in the dialect of Farsi, Turkish and Kurdish dialects, according to the people of this region.
Category
Behavior

2

Description
The control group completed the questionnaires first. After the training sessions, the caregiver burden questionnaires were completed again by the same group. Two weeks after the intervention, the final process was accomplished aiming to meet the maternal health and encouragement. Then the caregiver burden questionnaires were completed by this group.
Category
Behavior

Recruitment centers

1

Recruitment center
Name of recruitment center
Ellahi rehabilitation center

Full name of responsible person
Hossainzadeh Zahra
Street address
Nikuee street, Quchan, Razavi Khorasan
City
Quchan

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Vice chancellor for research of zabol univercity of medical sciences
Full name of responsible person
Rahnama Mojgan
Street address
Ferdowsi Street, School of Nursing and Midwifery of zabol
City
Zabol
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 zabol univercity 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
School of Nursing and Midwifery University of Medical Sciences of Zabol
Full name of responsible person
Rahnama Mojgan
Position
Nursing phd
Other areas of specialty/work
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Person responsible for scientific inquiries

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Person responsible for updating data

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Name of organization / entity
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Full name of responsible person
Dindar Mitra
Position
Nursing master student
Other areas of specialty/work
Street address
Nurse street HospitalQuchan Musa ibn Ja'far of Quchan , Razavi Khorasan
City
Quchan
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9471893541
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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