

Clinical Trial Protocol

Iranian Registry of Clinical Trials

10 Jun 2026

Comparison of impact of group hypnotherapy and education of spiritual intelligence components on anxiety of medical sciences students

Protocol summary

Summary

(1) Objective: Comparing the effectiveness of group hypnotherapy with education of spiritual intelligence components on Medical Science student's anxiety (2) Design: Field trial study (3) Setting and conduct: After measurement of the trait and state anxiety as pretest, eligible students will assignee through block random allocation to intervention group 1, intervention group 2, and control group. While the control group won't receive any interventions, research interventions will done in intervention group 1 and intervention group 2 during 5 weeks. The level of trait and state anxiety of all study subjects will be measured immediately after research interventions (post-test) and one months after completion of study interventions (follow-up) using the Spielberger anxiety inventory, and will be compared. (4) Participants including major eligibility criteria: 75 Medical students of Yasuj University of Medical Sciences and Larestan Faculty of Medical Sciences who are without any chronic physical disorder and mental diseases, with score equal 43 and higher in both trait and state anxiety, and complete written informed consent (5) Intervention: The intervention group 1 will receive five 90 minute session of group hypnotherapy in 5 weeks, and the experimental group 2 will receive eight 90 minute session of education of spiritual intelligence components in 5 weeks. (6) Main outcome measures (variables): The level of trait and state anxiety that will be measured using the Spielberger anxiety inventory.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2016041627410N1**

Registration date: **2016-09-18, 1395/06/28**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2016-09-18, 1395/06/28

Registrant information

Name

Zabih Allah Khoshdeli

Name of organization / entity

Yasuj University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 74 3333 7251

Email address

zkhoshdel@sums.ac.ir

Recruitment status

Recruitment complete

Funding source

Vice chancellor of research and technology of Yasuj University of Medical Sciences

Expected recruitment start date

2016-05-14, 1395/02/25

Expected recruitment end date

2016-06-14, 1395/03/25

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Comparison of impact of group hypnotherapy and education of spiritual intelligence components on anxiety of medical sciences students

Public title

Impact of group hypnotherapy and education of spiritual intelligence components on anxiety

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria: Student of Yasuj University of Medical Sciences or Larestan Faculty of Medical Sciences; Lack of chronic physical illness; Lack of mental illnesses; The score of both trait and state anxiety in Spielberger anxiety inventory will equal 43 and higher; Completion of written informed consent. Exclusion criteria will: Lack of motivation to continue the study; Diseases or conditions that can't to continue the study; Excessive fatigue; Immigration; Death

Age

From **18 years** old

Gender

Both

Phase

2-3

Groups that have been masked

No information

Sample size

Target sample size: **75**

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

Ethics committee of Yasuj University of Medical Sciences

Street address

Deputy of research and technology, Yasuj University of Medical Science, Shahid Motahari Blvd., Yasuj, Iran

City

Yasuj

Postal code

7591741417

Approval date

2016-04-30, 1395/02/11

Ethics committee reference number

IR.YUMS.REC.1395.23

Health conditions studied

1

Description of health condition studied

anxiety

ICD-10 code

F41.9

ICD-10 code description

Anxiety NOS

Primary outcomes

1

Description

trait anxiety

Timepoint

At the beginning of the study; immediately after completion of research interventions(post test); One month after the end of research interventions(follow up)

Method of measurement

score of Spielberger state-trait anxiety inventory

2

Description

state anxiety

Timepoint

At the beginning of the study; immediately after completion of research interventions(post test); One month after the end of research interventions(follow up)

Method of measurement

score of Spielberger state-trait anxiety inventory

Secondary outcomes

empty

Intervention groups

1

Description

Five 90 minute session of group hypnotherapy during 5 week in intervention group 1

Category

Behavior

2

Description

Eight 90 minute session of education of spiritual intelligence components during 5 week in intervention group 2

Category

Behavior

3

Description

No intervention in control group

Category

Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Yasuj Faculty of Medicine

Full name of responsible person

Dr. Seyed Mohammad Reza Rabani

Street address

Shahid Dr.Jalil Street

City

Yasuj

2

Recruitment center

Name of recruitment center

Yasuj Faculty of Dentistry

Full name of responsible person

Dr. Seyedeh Zeinab Behroozi

Street address

Shahid Dr.Jalil Street

City

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3

Recruitment center

Name of recruitment center

Yasuj Faculty of Nursing and Midwifery

Full name of responsible person

Dr. Kheirollah Noorian

Street address

Shahid Dr.Jalil Street

City

Yasuj

4

Recruitment center

Name of recruitment center

Yasuj Faculty of Health

Full name of responsible person

Dr.Janmohammad Malekzadeh

Street address

Pasdaran Street

City

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5

Recruitment center

Name of recruitment center

Yasuj Faculty of Paramedicine

Full name of responsible person

Dr.Mohsen Salari

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City

Yasuj

6

Recruitment center

Name of recruitment center

Lar Faculty of Medical Sciences

Full name of responsible person

Dr. Atefeh Raoufi

Street address

Lar-Gerash Road, next to Imam Reza Hospital

City

Larestan

7

Recruitment center

Name of recruitment center

Lar Hazrat Zeinab Faculty of Nursing and Midwifery

Full name of responsible person

Mr. Mohammad Reza Foroutani

Street address

Lar-Gerash Road, next to Imam Reza Hospital

City

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Deputy of research and technology of Yasuj University of Medical Sciences

Full name of responsible person

Dr. Mehdi Akbartabar Touri

Street address

Research manager office, Deputy of research and technology, Yasuj University of Medical Science, Shahid Motahari Blvd, Yasuj, Iran

City

Yasuj

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

Yes

Title of funding source

Deputy of research and technology of Yasuj 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
Yasuj University of Medical Sciences

Full name of responsible person
Dr. KHeirollah Nooryan

Position
PhD of psychiatric nursing- Assistant Professor &
Dean of Faculty

Other areas of specialty/work

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Person responsible for updating data

Contact

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Position
Ms student of psychiatric nursing

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Person responsible for scientific inquiries

Contact

Name of organization / entity
Yasuj University of Medical Sciences

Full name of responsible person
Dr. Mohammad Zoladl

Position
PhD of psychiatric nursing- Associate Professor

Other areas of specialty/work

Street address
Faculty of Nursing and Midwifery of Yasuj University of
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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