# Clinical Trial Protocol
# Iranian Registry of Clinical Trials

17 Sep 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)
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+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**
Yasuj

**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**
Yasuj

**5**

**Recruitment center**
**Name of recruitment center**
Yasuj Faculty of Paramedicine
**Full name of responsible person**
Dr.Mohsen Salari
**Street address**
Shahid Dr.Jalil Street
**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**
Larestan

## 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**
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**Position**
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## Person responsible for scientific inquiries

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## Person responsible for updating data

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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*