

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

09 Jun 2026

### Effect of Spiritual Training on Quality of Life on Multiple Sclerosis Patients

#### Protocol summary

##### Study aim

Effect of Spiritual Training on Quality of Life on Multiple Sclerosis Patients

##### Design

Clinical trials with control group, Community based on, randomized

##### Settings and conduct

Semi-experimental study was performed on two groups of interventional type based on the pre-test and post-test design. 80 patients from the Ahvaz MS Society were selected, demographic information form and quality of life questionnaire and spiritual health were given in the form of pretest. Then, patients A randomized study was conducted in two groups of 40 (test and control). Interaction training was done face to face, lecture, question and answer in 5 sessions of 60 minutes.

##### Participants/Inclusion and exclusion criteria

Entry requirements ability speak persian Age Over 18 Years Confirmed Diagnosis of Multiple Sclerosis disease Passed at least three months after diagnosis The Disease is in Stage 3-4 Having a low or moderate quality of life score He or she has no cognitive impairment or other chronic illness Patients just have MS and they Are not in Acute Phase Having a Low Score of Spiritual Health Conditions of failure to enter Participation in Spirituality Classes Except Current Study A disease that is due to recurrence of the disease during the study in the hospital In the absence of more than one session

##### Intervention groups

Research Contain Two Experimental and Control Groups that Experimental Group will Spiritual Training in (intervention) in Five 60-minute sessions But Control Group Do Not

##### Main outcome variables

The Spiritual Health and Quality of Life of MS patients are the main variables of the research.

#### General information

##### Reason for update

##### Acronym

MS

##### IRCT registration information

IRCT registration number: **IRCT20160622028581N2**

Registration date: **2018-09-26, 1397/07/04**

Registration timing: **retrospective**

Last update: **2018-09-26, 1397/07/04**

Update count: **0**

##### Registration date

2018-09-26, 1397/07/04

##### Registrant information

##### Name

Razie Noroozi

##### Name of organization / entity

The university of jundishapur Ahvaz

##### Country

Iran (Islamic Republic of)

##### Phone

+98 61 3373 8621

##### Email address

noroozi.r@ajums.ac.ir

##### Recruitment status

**Recruitment complete**

##### Funding source

##### Expected recruitment start date

2016-06-21, 1395/04/01

##### Expected recruitment end date

2016-08-21, 1395/05/31

##### Actual recruitment start date

empty

##### Actual recruitment end date

empty

##### Trial completion date

empty

**Scientific title**

Effect of Spiritual Training on Quality of Life on Multiple Sclerosis Patients

**Public title**

Effect of Spiritual Training on MS Patients.

**Purpose**

Supportive

**Inclusion/Exclusion criteria****Inclusion criteria:**

Introduction to Persian Falconer Age Over 18 Years Confirmed Diagnosis of Multiple Sclerosis Risk Over Three Months From the Time of Diagnosis The Disease is Stage 3-4 Having Poor Quality of LifeScore (Score Between 29 to 58) or Moderate (Score Between ages 58 and 87) Is Not Suffering With Cognitive Disorders or Other Chronic Disease Patients Except for MS Patient Havenot Other Diseases and People Arenot in Acute Phase. Having a Low Score of Spiritual Health (20-40)

**Exclusion criteria:**

Participation in Spirituality Classes Except Current Study Patients Who are Hospitalized During the Study Due to Disease Recurrence If More Than One Session Away

**Age**

From 18 years old

**Gender**

Both

**Phase**

N/A

**Groups that have been masked**

No information

**Sample size**

Target sample size: 80

**Randomization (investigator's opinion)**

Randomized

**Randomization description**

Personal Selected in Experimental and Control Groups Was Simple Randomly that By Randomly Numbers Table.

**Blinding (investigator's opinion)**

Not blinded

**Blinding description****Placebo**

Not used

**Assignment**

Parallel

**Other design features**

80 patients from the Ahvaz MS Society were selected, demographic information form and quality of life questionnaire and spiritual health were given in the form of pretest. Then, patients A randomized study was conducted in two groups of 40 (test and control)

**Secondary Ids**

empty

**Ethics committees****1****Ethics committee**

Name of ethics committee

Ethics committee of Ahvaz Jundishapur University of Medical Sciences

**Street address**

University Blvd., Golestan

**City**

Ahvaz

**Province**

Khuzestan

**Postal code**

15794- 61357

**Approval date**

2016-04-23, 1395/02/04

**Ethics committee reference number**

IR.AJUMS.REC.1395.59

**Health conditions studied****1****Description of health condition studied**

Multiple Sclerosis

**ICD-10 code**

G35

**ICD-10 code description**

Multiple sclerosis

**Primary outcomes****1****Description**

Quality of Life Primary outcome Variable

**Timepoint**

Measurement of Quality of Life of MS Patients in the Beginning of the Study (Before Intervention) and 5 Weeks After (After the Intervention) and 3 Months After the End of the Intervention

**Method of measurement**

Questionnaire Assessing the `Quality of Life of MS Patients

**2****Description**

Spiritual Health as Another Variable is The Primary Consequence of This Research

**Timepoint**

Measurement of Spiritual Health of MS Patients in the Beginning of the Study (Before Intervention) and 5 Weeks After (After the Intervention) and 3 Months After the End of the Intervention

**Method of measurement**

Pulotzin and Ellison Spiritual Health Questionnaire

**Secondary outcomes**

empty

**Intervention groups**

## 1

### Description

Intervention group: The intervention group of Spirituality is grouped in 5 sessions as follows: First session: Introduction of spiritual intervention sessions and familiarization with the rules of the group; Second session: Contact with God; Third session: Contact with yourself; Fourth session: Relationship with Others and Nature and Fifth Session: Explaining the Experience of Spiritual Training and Its Effects and Preparing Members to leave the group and use its achievements

### Category

N/A

## 2

### Description

Control group: The control group did not receive any intervention.

### Category

N/A

## Recruitment centers

## 1

### Recruitment center

#### Name of recruitment center

Ahvaz Mystic Society

#### Full name of responsible person

Dr. Nastaran Majidi Nasab

#### Street address

Room 151, College of Rehabilitation. Jundishapur University of Medical Sciences

#### City

Ahvaz

#### Province

Khouzestan

#### Postal code

61357-15794

#### Phone

+98 61 3374 3660

#### Email

Noroozi.r@ajums.ac.ir

## Sponsors / Funding sources

## 1

### Sponsor

#### Name of organization / entity

Ahvaz University of Medical Sciences

#### Full name of responsible person

Dr. Nasrin Elahi

#### Street address

No. 159, Golestan BVL, Ahvaz Jundishapur University of Medical Sciences, Iran

#### City

Ahvaz

#### Province

Khouzestan

#### Postal code

61357-15794

#### Phone

+98 61 3333 2368

#### Email

noroozi.r@ajums.ac.ir

#### Grant name

#### Grant code / Reference number

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

Yes

#### Title of funding source

Ahvaz University of Medical Sciences

#### Proportion provided by this source

100

#### Public or private sector

Public

#### Domestic or foreign origin

Domestic

#### Category of foreign source of funding

*empty*

#### Country of origin

#### Type of organization providing the funding

Academic

## Person responsible for general inquiries

### Contact

#### Name of organization / entity

Ahvaz University of Medical Sciences

#### Full name of responsible person

Razie Noroozi

#### Position

Master Student

#### Latest degree

Master

#### Other areas of specialty/work

Nursery

#### Street address

No. 68, West Mihan Ave., Kianpars

#### City

Ahvaz

#### Province

Khouzestan

#### Postal code

6155656489

#### Phone

+98 61 3333 5896

#### Email

noroozi.r@ajums.ac.ir

## Person responsible for scientific inquiries

### Contact

#### Name of organization / entity

Ahvaz University of Medical Sciences

#### Full name of responsible person

Razie Noroozi

#### Position

Master Student

#### Latest degree

Master  
**Other areas of specialty/work**  
Nursery  
**Street address**  
No. 68, West Mihan Ave., Kianpars  
**City**  
Ahvaz  
**Province**  
Khouzestan  
**Postal code**  
6155656489  
**Phone**  
+98 61 3333 5896  
**Email**  
noroozi.r@ajums.ac.ir

## Person responsible for updating data

### Contact

**Name of organization / entity**  
Ahvaz University of Medical Sciences  
**Full name of responsible person**  
Razie Noroozi  
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## Sharing plan

### Deidentified Individual Participant Data Set (IPD)

No - There is not a plan to make this available

### Justification/reason for indecision/not sharing IPD

Because of ethical considerations, I'm not able to publish the participant data file.

### Study Protocol

No - There is not a plan to make this available

### Statistical Analysis Plan

No - There is not a plan to make this available

### Informed Consent Form

No - There is not a plan to make this available

### Clinical Study Report

Undecided - It is not yet known if there will be a plan to make this available

### Analytic Code

No - There is not a plan to make this available

### Data Dictionary

No - There is not a plan to make this available