

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

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Ahvaz University of Medical Sciences

Full name of responsible person

Dr. Nasrin Elahi

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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

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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)

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