Clinical Trial Protocol
Iranian Registry of Clinical Trials

07 Nov 2026

The effects of Spiritual-Religious care on Depression intensity in women with multiple sclerosis

Protocol summary

Summary

This study is a randomized control trial to determine the effects of Spiritual-Religious care on depression intensity in women with multiple sclerosis. All of the multiple sclerosis female patients, who were referred to Iran MS associations, were our statistical research community. Of them, 70 patients were selected based on inclusion criteria included: being Muslim, not participated in previous training programs about Spiritual-Religious care and Spiritual counseling in Last three months, Patients suffering from moderate level of disease according to disability intensity and symptoms and they were randomly divided into two experimental and control groups using table of random numbers. Religious spiritual care sessions were held according to Richard Burgin pattern for the intervention group in the form of group education, in seven sessions. Depression intensity was the main outcome and therefore patients filled oud Beck Depression Inventory before and after the intervention.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2016112731125N1**
Registration date: **2017-01-04, 1395/10/15**
Registration timing: **retrospective**

Last update:
Update count: **0**

Registration date

2017-01-04, 1395/10/15

Registrant information

Name

Saeideh Khalili Senobari

Name of organization / entity

University of Social Welfare and Rehabilitation Sciences

Country

Iran (Islamic Republic of)

Phone

+98 21 2218 0036

Email address

khalili.senobar@gmail.com

Recruitment status

Recruitment complete

Funding source

Vice chancellor for research, University of Social Welfare and Rehabilitation sciences

Expected recruitment start date

2016-06-21, 1395/04/01

Expected recruitment end date

2016-09-22, 1395/07/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effects of Spiritual-Religious care on Depression intensity in women with multiple sclerosis

Public title

The effects of Spiritual-Religious care on Depression intensity

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria: Multiple sclerosis confirmed by a neurologist; Consent to participate in research and having cooperation; not participated in previous training programs about Spiritual-Religious care and Spiritual counseling in Last three months; Patients suffering from moderate level of disease according to disability

intensity and symptoms; Ability to communicate effectively with researcher; ability to handle meetings and prepared to respond to questions physically and mentally; Minimum 20 and maximum 45 years old; having the ability to read and write and be able to speak Persian; be Muslims and having disease for at least 6 months. Exclusion criteria: withdrawal to continue cooperation; being in the recurrence of the disease and inability to attend in the meetings.

Age
No age limit

Gender
Female

Phase
2

Groups that have been masked
No information

Sample size
Target sample size: **70**

Randomization (investigator's opinion)
Randomized

Randomization description

Blinding (investigator's opinion)
Not blinded

Blinding description

Placebo
Not used

Assignment
Parallel

Other design features
Table of random numbers was used For randomization

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee
Ethics committee of University of Social Welfare and Rehabilitation sciences

Street address
Koodakyar Avenue, Daneshjoo Blvd, Evin, Tehran

City
Tehran

Postal code
1985713834

Approval date
2016-08-10, 1395/05/20

Ethics committee reference number
IR.USWR.REC.1395.45

Health conditions studied

1

Description of health condition studied
Multiple sclerosis

ICD-10 code
G35

ICD-10 code description
Demyelinating diseases of the central nervous system

Primary outcomes

1

Description
Depression

Timepoint
before and one month after intervention

Method of measurement
Beck Depression Inventory

Secondary outcomes

1

Description

Timepoint

Method of measurement

Intervention groups

1

Description
Intervention group: the patients in this group received religious spiritual care in 7 sessions of 45 to 60 minutes, based on Richards and Bergin model and in the form of group education including book therapy, Understanding of forgiveness and spirituality and self-observing.

Category
Other

2

Description
Control group: There was no intervention

Category
N/A

Recruitment centers

1

Recruitment center

Name of recruitment center
Iranian MS society

Full name of responsible person
Saeideh Khalili Senobari

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Koodakyar Avenue, Daneshjoo Blvd, Evin, Tehran

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Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Vice chancellor for research, University of Social Welfare and Rehabilitation sciences
Full name of responsible person
Dr.Hamidreza Khankeh
Street address
Koodakyar Avenue, Daneshjoo Blvd, Evin, Tehran
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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
Vice chancellor for research, University of Social Welfare and Rehabilitation 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

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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