

Clinical Trial Protocol

Iranian Registry of Clinical Trials

30 May 2026

The Effect of Holy Qur'an Sonance on the Quality of Sleep among Elderly of the nursing Homes

Protocol summary

Summary

The aim of this study was to evaluate the effect Qur'an Sonance on sleep quality in elderly residents of nursing homes. Study design: Clinical trial. Randomly allocated to intervention and control groups. Multicenter. Not blinded. Inclusion criteria: Having their written consent for taking part in this study; at the least 60 years; good mental health; do not have uncontrolled chronic disease and severe auditory disorder; staying in nursing homes; participants were capable of answering the questions; do not have sleep-related illnesses, such as obstructive sleep apnea and restless leg syndrome; are not being addicted to narcotic, analgesic, antidepressant, hypnotic drugs and alcohol; willingness to hear the Qur'an Sonance. Exclusion criterion: do not want to listen to Qur'an Sonance during study; listen to any sound other than the Qur'an Sonance before bedtime; unwillingness to cooperate during the investigation; Exclusion for reasons such as illness, death or transfer to other centers; Unwillingness to cooperate during the investigation; using sleeping medications. Nursing homes of Malaye are research community and sample size is 70 elderly persons. Intervention: Chapter Al-Mu'mininun with pleasant voice Parhyzgar is played with headphone through MP3 player for 15 minutes every night before sleep, lasted four weeks. Measure the sleep quality of elderly persons in the control and intervention group using Pittsburgh questionnaire. Main outcome measures (variables): Overall sleep quality, mental qualities of sleep, sleep latency, sleep duration, sleep efficiency, and sleep disorder and daily dysfunction.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2016120231192N1**

Registration date: **2017-03-06, 1395/12/16**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2017-03-06, 1395/12/16

Registrant information

Name

Abbas Hossini

Name of organization / entity

Qazvin University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 28 3323 7267

Email address

abbashossiniz@gmail.com

Recruitment status

Recruitment complete

Funding source

Vice chancellor for Research, Qazvin University of Medical Sciences

Expected recruitment start date

2016-09-22, 1395/07/01

Expected recruitment end date

2016-10-31, 1395/08/10

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The Effect of Holy Qur'an Sonance on the Quality of Sleep among Elderly of the nursing Homes

Public title

The Effect of Holy Qur'an Sonance on the Quality of Sleep among Elderly of the nursing Homes

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria: Having their written consent for taking part in this study; Having at the least 60 years ;Having mental health ; absent uncontrolled chronic disease and severe auditory disorder ; Residing in nursing homes ; participants were capable of answering the questions ; Absent of sleep-related illnesses, such as obstructive sleep apnea and restless leg syndrome ; Independence to narcotic, analgesic , antidepressant , hypnotic drugs and alcohol; Willingness to hear the Qur'an Exclusion criterion : Cutting to listen to Qur'an Sonance during study ; listen to any sound other than Qur'an Sonance before bedtime; unwillingness to cooperate during the investigation; Exclusion for reasons such as illness, death or transfer to other centers ; using sleeping medications

Age

From **60 years** old

Gender

Both

Phase

N/A

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

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethics Committee Qazvin University of Medical Sciences

Street address

School of Nursing and Midwifery, University of Medical Sciences , Shahyd Bahonar Boulevard , Qazvin

City

Qazvin

Postal code

3419759811

Approval date

2016-07-21, 1395/04/31

Ethics committee reference number

28/20/12474 The code of ethics IR.QUMS.REC.1395.114

Health conditions studied

1

Description of health condition studied

insomnias

ICD-10 code

G47.2

ICD-10 code description

Disorders of the sleep-wake schedule

Primary outcomes

1

Description

The overall quality of sleep

Timepoint

Before and one week after the intervention

Method of measurement

The Pittsburgh Sleep Quality Index

2

Description

Subjective sleep quality

Timepoint

Before intervention and one week after the intervention

Method of measurement

The Pittsburgh Sleep Quality Index

3

Description

Sleep duration

Timepoint

Before intervention and one week after the intervention

Method of measurement

The Pittsburgh Sleep Quality Index

4

Description

Sleep efficiency

Timepoint

Before intervention and one week after the intervention

Method of measurement

The Pittsburgh Sleep Quality Index

5

Description

Sleep disturbances

Timepoint

Before intervention and one week after the intervention

Method of measurement

The Pittsburgh Sleep Quality Index

6

Description

Day time dysfunction

Timepoint

Before intervention and one week after the intervention

Method of measurement

The Pittsburgh Sleep Quality Index

7

Description

Sleep latency

Timepoint

Before intervention and one week after the intervention

Method of measurement

The Pittsburgh Sleep Quality Index

Secondary outcomes

1

Description

Use of sleep medications

Timepoint

Before intervention and one week after the intervention

Method of measurement

The Pittsburgh Sleep Quality Index

Intervention groups

1

Description

Chapter Al-Mu'minun with pleasant voice Master Parhyzgar is played for 15 minutes every night before sleep through mp3 player with headphones for four weeks.

Category

Treatment - Other

2

Description

There is not any intervention for control group.

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center

Aging Center Emam Ali

Full name of responsible person

Ali Noruzy

Street address

Aging Center Emam Ali ,Gorab Village , Malayer

City

Malayer

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Vice chancellor for Research, Qazvin University of Medical Sciences

Full name of responsible person

Fateme Mohamadi

Street address

Vice chancellor for Research, Qazvin University of Medical Sciences ,Boulevard Bahonar , Qazvin

City

Qazvin

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, Qazvin 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

Qazvin University of Medical Sciences

Full name of responsible person

Abbas Hossini

Position

Master Student of Geriatric Nursing

Other areas of specialty/work

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Full name of responsible person

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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