Clinical Trial Protocol
Iranian Registry of Clinical Trials

17 Sep 2026

Evaluation of Stress in Five-Month Trial of Transcendental Meditation in Esfahan dentists.

Protocol summary

Summary

Introduction: Dentists encounter numerous sources of professional stress, beginning in dental school. This stress can have a negative impact on their personal and professional lives. The aim of this study is to determine the effect of Meditation on the rate of stress in a group of dentists. Method & Material: A total of 35 volunteer dentists with at least 5 year work experience participated the study. Interventions included 30 minute, twice a day of Transcendental Meditation (TM). Outcome assessments performed at baseline and after the 5-month period by the Hamilton stress questionnaire. Usual descriptive tests and Wilcoxon Analyze were used in SPSS software to identify the results.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT138809262877N1**
Registration date: **2011-10-27, 1390/08/05**
Registration timing: **prospective**

Last update:
Update count: **0**

Registration date

2011-10-27, 1390/08/05

Registrant information

Name

Omid Fakheran

Name of organization / entity

Isfahan University of Medical Sciences

Country

Iran (Islamic Republic of)

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Recruitment status

Recruitment complete

Funding source

Isfahan University of Medical Sciences

Expected recruitment start date

2011-11-01, 1390/08/10

Expected recruitment end date

2012-10-10, 1391/07/19

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Evaluation of Stress in Five-Month Trial of Transcendental Meditation in Esfahan dentists.

Public title

Evaluation of Stress in Five-Month Trial of Transcendental Meditation in Esfahan dentists.

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criterion: volunteer dentists with at least 5 year work experience

Age

No age limit

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **35**

Randomization (investigator's opinion)

N/A
Randomization description
Blinding (investigator's opinion)
Not blinded
Blinding description
Placebo
Not used
Assignment
Other
Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee
Name of ethics committee
Isfahan University of Medical Sciences
Street address
Isfahan University of Medical Sciences, Isfahan,Iran
City
Isfahan
Postal code
Approval date
2011-02-20, 1389/12/01
Ethics committee reference number
7922812

Health conditions studied

1

Description of health condition studied
Stress
ICD-10 code
F23.9
ICD-10 code description
Acute and transient psychotic disorder, unspecified

Primary outcomes

1

Description
Psychological Stress
Timepoint
5 Month
Method of measurement
Questionnaire

Secondary outcomes

1

Description
Stress
Timepoint
5 Month
Method of measurement
Questionnaire

Intervention groups

1

Description
Five-Month Trial of Transcendental Meditation
Category
Behavior

Recruitment centers

1

Recruitment center
Name of recruitment center
Isfahan Dental Centers
Full name of responsible person
Street address
City
Isfahan

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Vice chancellor for research, Isfahan Dental School, Isfahan University of Medical Sciences
Full name of responsible person
Dr. Omid Savabi
Street address
Vice chancellor for research, Isfahan Dental School, Isfahan University of Medical Sciences
City
Isfahan
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, Isfahan Dental School, Isfahan 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
Isfahan University of Medical Sciences

Full name of responsible person
Dr. Mohammad Reza Salehi

Position
Assistance professor

Other areas of specialty/work

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Person responsible for updating data

Contact

Name of organization / entity

Full name of responsible person

Position

Other areas of specialty/work

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City

Postal code

Phone

Fax

Email

Web page address

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