

Clinical Trial Protocol

Iranian Registry of Clinical Trials

15 Jul 2026

The effect of meditation on anxiety and pain of non-emergency patients of renal crusher candidate

Protocol summary

Study aim

Determination and comparison of anxiety in non-pregnant patients of renal stone crusher in intervention and control groups before and after intervention.
Determination of pain in non-pregnant patients of renal crusher candidate in intervention and control groups before and after intervention.

Design

Clinical trials with control group, community based and pragmatic, with parallel groups; double blind, randomized design.

Settings and conduct

Considering the effectiveness of meditation intervention in improving the anxiety and pain of patients with renal stone crusher. The researcher attended the Shahid Beheshti Hospital in Yasuj, Iran. At first, by introducing and expressing the research goals and obtaining a written informed consent from patients who entered the research, anxiety inventory was completed in the presence of the researcher. All eligible patients were admitted to the study, Nurse received meditation meditation training, but the control group did not receive any training.

Participants/Inclusion and exclusion criteria

Inclusion criteria: inclination to participate in research; kidney stones based on expert diagnosis; obtain more than 25 Hamilton anxiety inventory questionnaires.
Exclusion criteria: not participating in the study; participate in similar interventions; non-attending mediation therapy sessions; acute infection; children.

Intervention groups

A researcher at the Shahid Beheshti Hospital in Yasuj participated in all of the interventions. Firstly, with the introduction of the research goals and the written informed consent of the patients who entered the research, anxiety inventory was completed in the presence of the researcher. All patients qualified to enter the study, nurse received meditation meditation training, but the control group did not receive any training.

Main outcome variables

Fan meditation, anxiety, pain, candidates, kidney crusher.

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20180410039255N1**

Registration date: **2018-08-21, 1397/05/30**

Registration timing: **retrospective**

Last update: **2018-08-21, 1397/05/30**

Update count: **0**

Registration date

2018-08-21, 1397/05/30

Registrant information

Name

Nasibe Mashhadi

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 31 3744 6186

Email address

mashhadinasib@gmail.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2018-03-05, 1396/12/14

Expected recruitment end date

2018-06-20, 1397/03/30

Actual recruitment start date

2018-03-05, 1396/12/14

Actual recruitment end date

2018-06-24, 1397/04/03
Trial completion date
empty

Scientific title
The effect of meditation on anxiety and pain of non-emergency patients of renal crusher candidate

Public title
The effect of meditation on anxiety and pain of patients who perform kidney stone

Purpose
Health service research

Inclusion/Exclusion criteria
Inclusion criteria:
Inclination to participate in research Kidney stones are diagnosed on the basis of a specialist diagnosis Earn more than 25 Hamilton anxiety inventory scores
Exclusion criteria:
Unwilling to participate in the study Participate in similar interventions Not attending meditation therapy sessions Acute infection Children

Age
From **15 years** old to **70 years** old

Gender
Both

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **70**
Actual sample size reached: **73**

Randomization (investigator's opinion)
Not 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 of the University of Medical Sciences and Health Services of the province, Golveh a

Street address

Yasuj University of Medical Sciences, Hazrat Zaynab Nursing and Midwifery Faculty

City

yasuj
Province
Kohgiluyeh-va-Boyrahmad
Postal code
75919-94799
Approval date
2018-01-19, 1396/10/29
Ethics committee reference number
IR.YUMS.REC.1396.157

Health conditions studied

1

Description of health condition studied

Patients Candidate Kidney Crusher

ICD-10 code

ICD-10 code description

Renal stone

Primary outcomes

1

Description

Pain and anxiety

Timepoint

Before intervention, after intervention

Method of measurement

Anxiety Inventory and Visual Analog Scale

2

Description

Reduce pain and anxiety

Timepoint

Before intervention, 2 hours after intervention

Method of measurement

Hamilton anxiety inventory, pain intensity scale NRS

Secondary outcomes

1

Description

Timepoint

Method of measurement

Intervention groups

1

Description

Intervention group: perform meditation medication on patients with renal stone crusher according to entry criteria in 20 minutes in 1 session

Category

Behavior

2

Description

Control group: This group does not receive intervention.

Category

Behavior

Recruitment centers

1

Recruitment center

Name of recruitment center

Shaheed Beheshti Hospital in Yasuj

Full name of responsible person

Nasibeh Mashhadi

Street address

Yasuj Shahid Montazeri Street

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Yasuj

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Email

Nasibeh.mashhadi@yums.ac.ir

Web page address

http://ac.ir

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Yasouj University of Medical Sciences

Full name of responsible person

Dr Kheirollah nooryan

Street address

Motahhari Boulevard, Medical University

City

Yasuj

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khnooryan@gmail.com

Web page address

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Grant name

Grant code / Reference number

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

No

Title of funding source

Yasouj 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

Yasouj University of Medical Sciences

Full name of responsible person

Nasibeh mashhadi

Position

nurse

Latest degree

Bachelor

Other areas of specialty/work

Nursery

Street address

No. 20, Kian alley, Janbazan

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Person responsible for scientific inquiries

Contact

Name of organization / entity

Yasouj University of Medical Sciences

Full name of responsible person

Mashhadi Nasibe

Position

nurse

Latest degree

Bachelor

Other areas of specialty/work

Nursery

Street address

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Person responsible for updating data

Contact

Name of organization / entity

Yasouj University of Medical Sciences

Full name of responsible person

Mashhadi Nasibeh

Position

nurse

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Sharing plan

Deidentified Individual Participant Data Set (IPD)

Yes - There is a plan to make this available

Study Protocol

Yes - There is a plan to make this available

Statistical Analysis Plan

Yes - There is a plan to make this available

Informed Consent Form

Yes - There is a plan to make this available

Clinical Study Report

Yes - There is a plan to make this available

Analytic Code

Yes - There is a plan to make this available

Data Dictionary

Yes - There is a plan to make this available

Title and more details about the data/document

It is possible to share some of the data, such as information on the main consequence.

When the data will become available and for how long

Available after 6 months of printing results.

To whom data/document is available

Research data will be available to researchers working in academic and scientific institutions.

Under which criteria data/document could be used

Use of data and documentation to conduct further research and access to more complete results is permissible.

From where data/document is obtainable

You can contact us by e-mail

What processes are involved for a request to access data/document

Request to receive data or documentation by email. As soon as possible, access to the requested files is available.

Comments