The effect of spirituality education on the happiness of postmenopausal women

Protocol summary

Study aim
The effect of spirituality education on the happiness of postmenopausal

Design
After registering eligible individuals, they will be divided into two groups of control and intervention through a random number table.

Settings and conduct
By registering with the selected center, we will register the eligible individuals. First, the questionnaires are completed in two groups separately. Then the spiritual training sessions will be held at the Seven-Cenar Health home during 6 sessions of 90 minutes (number of sessions per week will be agreed upon by participants). Immediately and one month after the completion of the Oxford Happiness Inventory sessions, both groups will be completed.

Participants/Inclusion and exclusion criteria
Inclusion criteria include: postmenopausal (at least one year after the last menstruation) and reading and writing literacy. Non-compliance criteria include: having a known mental disorder and mourning experience in the first six months of a relative

Intervention groups
The intervention group will be the group who will receive the training program. Finally, in order to comply with ethical issues, upon completion of the training, the outline will be held in two sessions for the control group.

Main outcome variables
changes of happiness

General information

Reason for update

Acronym

IRCT registration information
IRCT registration number: IRCT20110425006284N14
Registration date: 2019-01-08, 1397/10/18
Registration timing: retrospective
Inclusion criteria:
The age range is between 50 and 65 years old. The age range is between 50 and 65 years old. Postmenopausal, at least one year after their last menstruation. Having reading and writing skills

Exclusion criteria:
Known as a mental illness. In the first-degree relatives during the past six months, they have a mourning experience.

Age
From 50 years old to 65 years old

Gender
Female

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: 70

Randomization (investigator's opinion)
Randomized

Randomization description
The allocation of samples to the intervention and control groups will be random and simple using random numbers. In fact, the selection of the research environment will be made available and the allocation of samples will be done in two groups of intervention and control by simple random method.

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 Tehran university of Medical Sciences Faculty of Nursing and Midwifery and Rehab

Street address
Tehran Province, Tehran, District 6, Nosrat St

City
tehran

Province
Tehran

Postal code
1419733171

Approval date
2018-07-03, 1397/04/12

Ethics committee reference number
IR.TUMS.FNM.REC.1397.033

Health conditions studied

1

Description of health condition studied
Happiness, Menopause

ICD-10 code
N95.1

ICD-10 code description
Menopausal and female climacteric states

Primary outcomes

1

Description
happiness

Timepoint
At the beginning of the study (before the intervention), immediately after the end of the session and one month after the end of the intervention

Method of measurement
Oxford Happiness Inventory

Secondary outcomes
empty

Intervention groups

1

Description
Intervention group: First, the demographic information and happiness questionnaire is completed. Then, training sessions on Spirituality will focus on topics such as self-awareness, trust and recourse, patience, forgiveness and sugar during 6 sessions of 90 minutes (number of sessions per week will be agreed upon by participants). Immediately and one month after the completion of the Oxford Happiness Inventory sessions, it will be completed again.

Category
Other

2

Description
Control group: Complete the Oxford Happiness Questionnaire and Demographic Information Questionnaire before the intervention and provide routine care by health personnel, then complete the Oxford Happiness Questionnaire immediately and one month after the end of the intervention. Finally, in order to comply with ethical issues, the outline will be held in two sessions.

Category
N/A

Recruitment centers
Recruitment center

Name of recruitment center
Akbarabad Health Center and its related sites,
Affiliated to Tehran University of Medical Sciences

Full name of responsible person
Sima. aghay

Street address
Akbar Abad Center of society of Health, Mahboob
mojaz St, Khosh St, Tehran, Iran

City
Tehran
Province
Tehran
Postal code
1355774896
Phone
+98 21 5570 5972
Email
aghaei397@gmail.com

Sponsors / Funding sources

1 Sponsor

Name of organization / entity
Tehran University of Medical Sciences

Full name of responsible person
Mohamad Ali Sahraeean

Street address
5th floor, Central building of Tehran University of
Medical sciences, edge of Qods Av, Keshavarz blvd,
Tehran

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Phone
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modarres@sina.tums.ac.ir

Type of organization providing the funding
Academic

Person responsible for general inquiries

Contact

Name of organization / entity
Tehran University of Medical Sciences

Full name of responsible person
Maryam Modarres

Position
Phd Medical education

Latest degree
Ph.D.

Other areas of specialty/work
Midwifery

Street address
Faculty of Nursing & Midwifery, Tehran, Tohid square,

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Person responsible for scientific inquiries

Contact

Name of organization / entity
Tehran University of Medical Sciences

Full name of responsible person
Dr.Modares Maryam

Position
Phd Medical education

Latest degree
Ph.D.

Other areas of specialty/work
Midwifery

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Postal code
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+98 21 6692 7171
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Person responsible for updating data

Contact
**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 the results of the statistical survey of the data will be published.

**Study Protocol**
Undecided - It is not yet known if there will be a plan to make this available

**Statistical Analysis Plan**
Undecided - It is not yet known if there will be a plan to make this available

**Informed Consent Form**
Yes - There is 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**
Undecided - It is not yet known if there will be a plan to make this available

**Data Dictionary**
Undecided - It is not yet known if there will be a plan to make this available

**Title and more details about the data/document**
The text of the letter of consent form

**When the data will become available and for how long**
17 July 2018

**To whom data/document is available**
All students

**Under which criteria data/document could be used**
Being a student

**From where data/document is obtainable**
Send an email to aghaei397@gmail.com.

**What processes are involved for a request to access data/document**
Send student card image to email aghaei397@gmail.com.

**Comments**