

Clinical Trial Protocol

Iranian Registry of Clinical Trials

18 Sep 2026

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**

Last update: **2019-01-08, 1397/10/18**

Update count: **0**

Registration date

2019-01-08, 1397/10/18

Registrant information

Name

Maryam Modarres

Name of organization / entity

Tehran university of Medical sciences

Country

Iran (Islamic Republic of)

Phone

+98 21 6656 8142

Email address

modarres@sina.tums.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2018-07-22, 1397/04/31

Expected recruitment end date

2018-10-22, 1397/07/30

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of spirituality education on the happiness of postmenopausal women

Public title

The effect of spirituality education on the happiness of postmenopausal women

Purpose

Education/Guidance

Inclusion/Exclusion criteria

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

1

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

City

tehran

Province

Tehran

Postal code

1419733171

Phone

+98 21 8163 3686

Fax

+98 21 8163 3047

Email

tums_edu@tums.ac.ir

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Tehran 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

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,

City

Tehran

Province

Tehran

Postal code

1419733171

Phone

+98 21 4471 7330

Fax

+98 21 4471 7330

Email

modarres@sina.tums.ac.ir

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

Street address

School of Nursing and Midwifery, Tohid square,
Tehran

City

Tehran

Province

Tehran

Postal code

1419733171

Phone

+98 21 6692 7171

Email

modarres@sina.tums.ac.ir

Person responsible for updating data

Contact

Name of organization / entity

Tehran University of Medical Sciences

Full name of responsible person

Sima aghay

Position

Masters student

Latest degree

Bachelor

Other areas of specialty/work

Midwifery

Street address

Unit 7, No33., Golzarand St., Safdari Ave., South
navab St ., Tehran., Iran

City

Tehran

Province

Tehran

Postal code

1355774896

Phone

+98 21 5570 5972

Email

aghaei397@gmail.com

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