Clinical Trial Protocol
Iranian Registry of Clinical Trials

07 Nov 2026

The effect of spiritual therapy group on adolescents' death anxiety

Protocol summary

Study aim
Determining the Effect of Spiritual Therapy Group on Elderly Death Anxiety

Design
Clinical practice with two experimental and control groups is randomized. In The control group will receive only routine training from the center, including materials on personal and mental health, nutritional recommendations, and the role of exercise in life, but A researcher teaches to the intervention group, their training sessions in 8 face to face sessions each of which lasts 45-60 minutes for 8 weeks

Settings and conduct
The researcher selects the research units from all records available at the Yas elderly center through convenience sampling. Then they are randomly divided into two groups of control and intervention by means of a sealed letter that is secretly inserted into it C and M and given to the elderly.

Participants/Inclusion and exclusion criteria
Elderly/Being over 60 years old, Being able to have verbal communication and eye contact,Not having chronic psychiatric illness , Not having chronic physical or mental illness

Intervention groups
Intervention group: A researcher teaches to the intervention group, their training sessions in 8 face to face sessions each of which lasts 45-60 minutes for 8 weeks (first session on spirituality, second session on anxiety and symptoms, third session on existing truth and meaning in life; fourth session on the study of religious teachings about death and fear; fifth session; on explanation of guilty feelings; and consideration of irrational thoughts; sixth session; discussion on forgiveness; seventh session of faith and trust in God; eighth session on the past issues and providing ways to track lessons learned in past sessions and post-test implementation), appreciation and thanks

Main outcome variables
death anxiety

General information

Reason for update

Acronym

IRCT registration information
IRCT registration number: **IRCT20181207041877N1**
Registration date: **2019-06-05, 1398/03/15**
Registration timing: **retrospective**

Last update: **2019-06-05, 1398/03/15**
Update count: **0**

Registration date
2019-06-05, 1398/03/15

Registrant information

Name
soudabeh aloustani

Name of organization / entity

Country
Iran (Islamic Republic of)

Phone
+98 17 3428 3286

Email address
s_aloustani@aliabadiau.ac.ir

Recruitment status
Recruitment complete

Funding source

Expected recruitment start date
2018-12-31, 1397/10/10

Expected recruitment end date
2019-01-30, 1397/11/10

Actual recruitment start date
empty

Actual recruitment end date
empty

Trial completion date
empty

Scientific title
The effect of spiritual therapy group on adolescents'

death anxiety

Public title
The effect of spiritual therapy group on adolescents' death anxiety
Purpose
Supportive
Inclusion/Exclusion criteria
Inclusion criteria:
Being over 60 years old Being able to have verbal communication and eye contact Not having chronic psychiatric illness Not having drug and alcohol addiction Lack of hospitalization or emotional crisis in the last 3 months Having normal cognitive status
Exclusion criteria:
Chronic physical or mental illness
Age
From **60 years** old
Gender
Both

Phase
N/A
Groups that have been masked
No information
Sample size
Target sample size: **50**
Randomization (investigator's opinion)
Randomized
Randomization description
The researcher selects the research units from all records available at the elderly center through convenience sampling. Then they are randomly divided into two groups of control and intervention by means of a sealed letter that is secretly inserted into it C and M and given to the elderly.
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 on Biomedical Research, Islamic Azad University, Ali Abad Katoul Branch
Street address
Islamic Azad University, Ali Abad Katoul Branch Iran, Golestan, Ali Abad Katoul
City
Ali Abad Katoul
Province
Golestan
Postal code
49417-93451
Approval date
2018-08-26, 1397/06/04
Ethics committee reference number
IR.IAU.AK.REC.1397.001

Health conditions studied

1

Description of health condition studied
Elderly Death Anxiety
ICD-10 code
ICD-10 code description

Primary outcomes

1

Description
Death Anxiety Rating on Templar Scale
Timepoint
At the beginning of the study - 8 weeks later
Method of measurement
Templar death anxiety scale

Secondary outcomes

empty

Intervention groups

1

Description
Intervention group: A researcher to the intervention group, their training sessions in the presence of 8 sessions, 45-60 minutes for 8 weeks (first session on spirituality, second session on anxiety and symptoms, third session of truth Existential and meaning in life; fourth session of the study of religious teachings about death and fear; fifth session; explanation of guilty feelings; and consideration of irrational thoughts; sixth session; discussion on forgiveness; seventh session of faith and trust in God; Discuss past issues and provide ways to track lessons learned in past sessions and post-test implementation)
Category
Other

2

Description
Control group: The control group will receive only day care centers about personal and mental health, dietary recommendations and the role of exercise in life.
Category
Other

Recruitment centers

1

Recruitment center

Name of recruitment center
Farzanegan Yas Foundation
Full name of responsible person
Dr Azam Zanganeh
Street address
Gangaldeh Ave
City
Ali Abad Katoul
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Golestan
Postal code
94197587
Phone
+98 17 3422 3489
Email
s_aloustani@yahoo.com

Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Islamic Azad University
Full name of responsible person
Dr Majid Ashrafi
Street address
Islamic Azad University, Ali Abad Katoul Branch Iran, Golestan, Ali Abad Katoul
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ashrafi@aliabadiau.ac.ir

Grant name

Grant code / Reference number

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

Title of funding source
Islamic Azad University

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
Islamic Azad University
Full name of responsible person
Soudabeh Aloustani
Position
Instructor
Latest degree
Master
Other areas of specialty/work
Nursery
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Person responsible for updating data

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Full name of responsible person
Soudabeh Aloustani

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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
The questionnaires will be encoded and can be made public after being unidentifiable.
When the data will become available and for how long
Get started since 1398
To whom data/document is available
researchers Academic and academic institutions Old Centers
Under which criteria data/document could be used
Use in scientific research Present at training centers Present at nursing homes
From where data/document is obtainable
Islamic Azad University of Aliabad Katoul Branch
What processes are involved for a request to access data/document
Submitting this request to the University of Applied Sciences is a complete and clear description of the purpose of the data application
Comments