

Clinical Trial Protocol

Iranian Registry of Clinical Trials

17 Sep 2026

The effects of Web-based spiritual health education on the quality of life of students in Arak university of medical science.

Protocol summary

Study aim

The purpose of this study was to investigate the effect of web-based spiritual health education on the quality of life of students in Arak University of Medical Sciences.

Design

Clinical trial with control group, not blinded, randomized, sample size 100

Settings and conduct

In a cross-sectional study, the statistical population included 250 people but in an interventional study, 100 students of Arak University of Medical Sciences were selected by stratified random sampling. After completing the Pallotzin and Ellison Spiritual Health Questionnaire and the Quality of Life Questionnaire, WHOQOL-BREF26 samples were included. Then, individuals are selected by random sampling of 50 people for each of the groups. Educational content is provided via a web page within two months. At the end of the three-month interval, a questionnaire will be completed by the participating students. After reading the web page's address, the control group is given.

Participants/Inclusion and exclusion criteria

Entry requirements : 1- pass a minimum of one semester from the start of your studies 2- not having severe educational problems such as probation 3- The absence of chronic and psychological illnesses (according to the student himself) 4- not pregnancy 5- having smart phone 6- satisfaction to enter the study Non-arrival conditions: Dissatisfaction to participate in the study

Intervention groups

Spiritual health

Main outcome variables

Quality of Life

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20181105041561N1**

Registration date: **2019-01-08, 1397/10/18**

Registration timing: **prospective**

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

Update count: **0**

Registration date

2019-01-08, 1397/10/18

Registrant information

Name

frough saburinejad

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 61 4282 4221

Email address

f.saborinazhad95@arakmu.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2019-01-31, 1397/11/11

Expected recruitment end date

2019-03-31, 1398/01/11

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effects of Web-based spiritual health education on the quality of life of students in Arak university of medical science.

Public title

The Impact of Spiritual Health on Students' Quality of Life

Purpose

Education/Guidance

Inclusion/Exclusion criteria

Inclusion criteria:

pass a minimum of one semester from the start of your studies not having severe educational problems such as probation the absence of chronic and psychological illnesses (according to the student himself) not pregnancy having smart phone satisfaction to enter the study

Exclusion criteria:

Unwilling to participate in the study

Age

No age limit

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: 100

Randomization (investigator's opinion)

Randomized

Randomization description

In this cross-sectional study, sampling method is available and in the intervention section, a random stratified sampling method will be used. In a stratified random method, for each faculty (separately), by considering the ratio of male and female, we randomly divide the individuals into intervention and non intervention groups. In this way, half of the men in the intervention group and the other half in the non-intervention group. (We act in the same way for women) Then we randomly bring that number of each group we need.

Blinding (investigator's opinion)

Not blinded

Blinding description

Placebo

Not used

Assignment

Parallel

Other design features

People are divided into intervention and non intervention groups. The subjects of the intervention group during the study and the control group receive the information after the study.

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethics committee of Arak University of Medical Sciences

Street address

Arak University of Medical Sciences, Basij Sq, Sardasht, Arak

City

Arak

Province

Markazi

Postal code

3848176941

Approval date

2018-07-02, 1397/04/11

Ethics committee reference number

IR.ARAKMU.REC.1397.107

Health conditions studied

1

Description of health condition studied

quality of life

ICD-10 code

ICD-10 code description

2

Description of health condition studied

spiritual health

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description

quality of life

Timepoint

Begin training and three months after completing the training

Method of measurement

Quality of Life Questionnaire 26 WHOQOL-BREF questions

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: Presenting daily educational messages according to educational needs by uploading to a web page designed for students of the Arak University of Medical Sciences by the researcher. Most of the instructional materials will be from Dr Robabe Nouri, the source of the spiritual skills of the student workbook.

Category

N/A

2

Description

Control group: All members of this group will receive the web page after the completion of the study.

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center

Arak University of Medical Sciences

Full name of responsible person

Dr.nasrin Ruzbahani

Street address

Arak , Mustafa Khomeini Town, Golestan Cove, School of Public Health

City

Arak

Province

Markazi

Postal code

3818146851

Phone

+98 86 3368 6443

Email

Roosbahani7281@gmail.com

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Arak University of Medical Sciences

Full name of responsible person

Mohammad Arjmandzadegan

Street address

Basij Square, Campus Training Complex, Education and Research Deputy

City

Arak

Province

Markazi

Postal code

3848176941

Phone

+98 86 3417 3503

Email

mmatinam81@yahoo.com

Grant name

Grant code / Reference number

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

No

Title of funding source

Arak 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

Arak University of Medical Sciences

Full name of responsible person

Dr. Nasrin Ruzbahani

Position

Assistant Professor

Latest degree

Ph.D.

Other areas of specialty/work

Health Promotion

Street address

Arak Mustafa Khomeini Town, Golestan Cove, School of Public Health

City

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Province

Markazi

Postal code

3818146851

Phone

+98 86 3368 6443

Email

Roosbahani7281@gmail.com

Person responsible for scientific inquiries

Contact

Name of organization / entity

Arak University of Medical Sciences

Full name of responsible person

Dr. nasrin ruzbahani

Position

Assistant Professor

Latest degree

Ph.D.

Other areas of specialty/work

Health Promotion

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Phone

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Email

Roozbahani7281@gmail.com

Person responsible for updating data**Contact****Name of organization / entity**

Arak University of Medical Sciences

Full name of responsible person

Forugh Saburi Nejad

Position

Masters student

Latest degree

Bachelor

Other areas of specialty/work

Health Promotion

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City

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Postal code

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Phone

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Email

saburinejad@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

Upon obtaining a license, if necessary, with the funding of the Arak Medical University's research deputy, will be provided.

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 study protocol will be presented in the form of the file, and only part of the original outcome data will be shared

When the data will become available and for how long

The start of the access period is six months after the publication of the results.

To whom data/document is available

Researchers at the university can apply for them.

Under which criteria data/document could be used

To study and use as a guide

From where data/document is obtainable

Contact the researcher by email:

f.saborinazhad@arakmu.ac.ir or saburinejad@gmail.com

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

Two weeks after the email is received by the researcher, the documentation file is sent to the applicant.

Comments