Clinical Trial Protocol
Iranian Registry of Clinical Trials

18 Nov 2026

The effect of listening to the voice of Quran on anxiety and depression of eldelry .

Protocol summary

Study aim

A Survey on the Effect of Quranic Voice on Anxiety and Depression in the Elderly Residents of Selected nursing home in Shiraz in 1397.

Design

This study was a randomized clinical trial with control group. The sample size was 30 people in each group. The sampling method is performed by random numbers among eligible elderly people,Then using random allocation software, elderly people are divided into two groups: control and test.

Settings and conduct

Research population: All elderly living in the elderly homes of Shiraz and the white Jasmine elderly home in Shiraz city in 1397 with a total of 220 people, after completing the questionnaires, 60 of the elderly with depression and anxiety were selected by random number method. And randomly assigned to two groups of test and control. In the test group, intervention is performed and only care is provided for the elderly of the control group. After 1 month, the questionnaires are given to the test and control groups and completed by the second researcher by the interview method for the blindness Completion of questionnaires is done before and after intervention by two separate scholars.

Participants/Inclusion and exclusion criteria

Entry requirements: 1) aged over 60 years 2) Anxiety and depression Exit terms: 1- Stay in a critical condition such as the death of one of the relatives 2. Elderly hearing impairment.

Intervention groups

In the intervention group, the Surah Maryam (verses 1 through 69) with the voice of the Parhizgar Master each night before bedtime for 30 minutes; through MP3player and headphones for each elderly person, and For the control group elderly will not intervene and take routine care.

Main outcome variables

The two variables that were studied include anxiety and depression and If the results of the study are positive, the Quran's voice can be considered as one of the nursing care in nursing homes .

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20180427039439N1**
Registration date: **2018-12-28, 1397/10/07**
Registration timing: **retrospective**

Last update: **2018-12-28, 1397/10/07**
Update count: **0**

Registration date

2018-12-28, 1397/10/07

Registrant information

Name

Arash Ghasemi

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 83 3726 3053

Email address

a_ghasemi@sums.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2018-04-09, 1397/01/20

Expected recruitment end date

2018-05-10, 1397/02/20

Actual recruitment start date

2018-10-02, 1397/07/10

Actual recruitment end date

2018-11-01, 1397/08/10

Trial completion date

2018-11-01, 1397/08/10

Scientific title

The effect of listening to the voice of Quran on anxiety and depression of eldelry .

Public title

The effect of listening to the voice of Quran on anxiety and depression of eldelry .

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria:

Age over 60 years old Inclination to participate in research Anxiety and depression Do not take antidepressants or anti-anxiety drugs Do not have Cognitive Disorders

Exclusion criteria:

Being in critical condition such as the death of one of the relatives Participate in similar workshops and training Do not listen to the Quran's voice by elderly for the at 5 consecutive nights or 10 nights apart during the month Elderly Hearing Disorders Completed incomplete questionnaire

Age

From **60 years** old

Gender

Both

Phase

N/A

Groups that have been masked

- Outcome assessor
- Data analyser

Sample size

Target sample size: **60**

Actual sample size reached: **60**

Randomization (investigator's opinion)

Randomized

Randomization description

The population of the study consisted of all elderly people living in the elderly home of Shiraz and the White Jasmines nursing home in Shiraz in 1397. The number of them is 220 people. The reason for choosing these two centers is the presence of elderly men and women in a center. After The questionnaires were filled out among eligible elderly people in order to enter the study, 41 elderly home of Shiraz and 19 elderly of White Jasmines nursing home were selected randomly by random number method and then by Random block method and random allocation software the elderly people put in two groups of control and test each The number of group is 30 elderly.

Blinding (investigator's opinion)

Single blinded

Blinding description

Two researcher assistance was used to collect data, one of which collected the data before intervention, and the other data collected after the intervention, and none of the control and test groups were known. Data analysis was performed by a statistic consultant, which was not known in either control or test groups

Placebo

Not used

Assignment

Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

•Ethics committee of Shiraz University of Medical Sciences

Street address

Namazi Square, Faculty of Nursing, Hazrat Fatemeh

City

Shiraz

Province

Fars

Postal code

7193613119

Approval date

2018-10-02, 1397/07/10

Ethics committee reference number

IR.SUMS.REC.1397.663

Health conditions studied

1

Description of health condition studied

Anxiety, depression

ICD-10 code

F41.2

ICD-10 code description

Mixed anxiety and depressive disorder

Primary outcomes

1

Description

Anxiety: In this study, anxiety was obtained by earning a minimum score of 20 from Spilberger's apparent and hidden anxiety questionnaire.

Timepoint

Complete Spilberger's apparent and hidden anxiety questionnaire Before and After Intervention within one month

Method of measurement

Spilberger's apparent and hidden anxiety questionnaire

2

Description

Depression: In this study, depression was defined as the minimum score of 10 in the geriatric depression scale.

Timepoint

Complete the Geriatric Depression Scale before and after the intervention within one month

Method of measurement

Geriatric depression scale

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: in the Intervention group, the surah of Maryam (verses 1 through 69) with the voice of the Parhizgar (34 and 35) and simultaneous translation of the Fuladvand with each night before bedtime for 30 minutes; via MP3player and headphones (to remove additional sounds) for each elderly person , Is broadcast for one month.

Category

Treatment - Devices

2

Description

Control group: There is no intervention for the elderly in the control group and only routine care provided by the caretakers of the nursing home.

Category

Other

Recruitment centers

1

Recruitment center

Name of recruitment center

SHiraz nursing home

Full name of responsible person

Abdul Rahim Asadi

Street address

Street beside Iran Gas Storage، Parsian Blvd، Rokn Abad Town

City

SHiraz

Province

Fars

Postal code

7149675511

Phone

+98 71 3242 4074

Email

gholamzs@sums.ac.ir

2

Recruitment center

Name of recruitment center

White Jasmine nursing home

Full name of responsible person

Sara tager

Street address

East Side of Namazi School, Shahid Kabar Street, Mali Abad Bridge

City

SHiraz

Province

Fars

Postal code

7196743197

Phone

+98 71 3635 8037

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Anursing20@yahoo.com

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Shiraz University of Medical Sciences

Full name of responsible person

Younes Ghasemi

Street address

Evans Zand, opposite Palestine Street, Central Building of Shiraz University of Medical Sciences

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ghasemiy@sums.ac.ir

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Shiraz 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
Shiraz University of Medical Sciences

Full name of responsible person
Arash Ghasemi

Position
Nurse student

Latest degree
Bachelor

Other areas of specialty/work
Nursery

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Person responsible for updating data

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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
Not applicable

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
Not applicable

Data Dictionary
Not applicable

Title and more details about the data/document
The participants' data file will contain the information on the main outcome and the protocol for the implementation of the study, and the clinical study report and the informed consent form will be shared.

When the data will become available and for how long
6 months after printing results.

To whom data/document is available
Will be available to the general public.

Under which criteria data/document could be used
If the data are used, the origin of the loan must be respected and, if used in other studies, reference is required.

From where data/document is obtainable
Applying to the following email address: Anursing862@gmail.com

What processes are involved for a request to access data/document
First, a transparent request, containing the reasons for requesting information, how they are used and where they are located, are provided and after a review of about a month and verification of the profile, the information is sent.

Comments