Clinical Trial Protocol
Iranian Registry of Clinical Trials

07 Nov 2026

The Effect Of Spiritual Counseling On Happiness And Hope Among Patients With Multiple Sclerosis

Protocol summary

Study aim
The effect of spiritual counseling on happiness and hope in patients with multiple sclerosis

Design
Samples were divided into intervention and control groups using block randomization method. Sample size was obtained by considering 95% confidence interval and 90% test power using the results of other similar studies 21 individuals in each group.

Settings and conduct
Intervention group will participate in 8 sessions of 60 minutes and two sessions per week for one month. Spiritual counseling sessions are held in a group setting at the community building. The content of these meetings has been approved by religious and university experts. The content is presented in a lecture and team work manner by a psychiatrist familiar with the patient consultation and communication skills and whose qualifications have been approved by the Department of Psychology of Kashan University of Medical Sciences. also the homework about the subject of session are given to Patient to do at home and report in the next session. And the control group will remain intact and no spiritual counseling intervention will be provided. Happiness and hope status was measured in both groups, once immediately after the end of the spiritual counseling program for the intervention group and again one month later for follow-up by the research instrument.

Participants/Inclusion and exclusion criteria
Inclusion criteria: Diagnosis of MS by a specialist physician and physical ability to attend sessions
Exclusion criteria: Cognitive disorder and Unwillingness to participate in the study

Intervention groups
Intervention group includes patients with multiple sclerosis who receive spiritual counseling intervention. The control group includes patients with multiple sclerosis who will receive no intervention and will remain intact.

Main outcome variables
Happiness and hope status

General information

Reason for update
correction of recruitment start and end date according to approval date of ethics committee

Acronym

IRCT registration information
IRCT registration number: **IRCT20190819044567N1**
Registration date: **2020-01-30, 1398/11/10**
Registration timing: **prospective**

Last update: **2020-02-10, 1398/11/21**
Update count: **1**

Registration date
2020-01-30, 1398/11/10

Registrant information

Name
Mohammad Bagheri

Name of organization / entity

Country
Iran (Islamic Republic of)

Phone
+98 31 5554 0021

Email address
bagheri-m@kaums.ac.ir

Recruitment status
Recruitment complete

Funding source

Expected recruitment start date
2020-02-05, 1398/11/16

Expected recruitment end date
2020-02-14, 1398/11/25

Actual recruitment start date
empty

Actual recruitment end date
empty
Trial completion date
empty

Scientific title
The Effect Of Spiritual Counseling On Happiness And Hope Among Patients With Multiple Sclerosis

Public title
The Effect Of Spiritual Counseling On Happiness And Hope Among M.S Patients
Purpose
Education/Guidance
Inclusion/Exclusion criteria
Inclusion criteria:
All patients with multiple sclerosis who have been diagnosed for three months Ability to commute and attend sessions Iranian Citizenship and Residence in Kashan
Exclusion criteria:
Cognitive disorder Unwillingness 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: **48**
Randomization (investigator's opinion)
Randomized
Randomization description
Block randomization and do it online by using https://www.sealedenvelope.com website
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 Kashan University of Medical Sciences
Street address
5 km to Ravandi Arctic Boulevard
City
Kashan
Province
Isfehan
Postal code
8715988141
Approval date
2019-12-21, 1398/09/30
Ethics committee reference number
IR.KAUMS.NUHEPM.REC.1398.062

Health conditions studied

1

Description of health condition studied
Multiple Sclerosis
ICD-10 code
G35
ICD-10 code description
Multiple sclerosis

Primary outcomes

1

Description
Happiness Score
Timepoint
Before the intervention and immediately thereafter and one month later
Method of measurement
Oxford Happiness Questionnaire

2

Description
Hope Score
Timepoint
Before the intervention and immediately thereafter and one month later
Method of measurement
Herth Hope Scale

Secondary outcomes

empty

Intervention groups

1

Description
The content of spiritual counseling sessions is as follows:First Session:• Self-knowledge and understanding of your strengths& weakness, fears, needs and desires• Realistically understand your limitations, shortcomings and disabilities as part of yourself• Accept mistakes and gain experience as a factor in increasing self-esteem and empowerment Second Session:• Acceptance of the God's Divinity and the right of man to determine his own destiny• Consolidation of God's wise will based on the causal system• The wisdom of having human illness

Third Session:• Repentance and confession of sins to God and acceptance of your weaknesses• Trying to relax and improve your health and life with hope and positive thoughts• The love of God for His servants and his promise to forgive and ignore human mistakes • The need to reform behaviors and the past to move towards the future Fourth Session:• Emotion control training, emotion regulation techniques, relaxation training, etc.• Understanding your feelings and ways to express your feelings• Expressing repressed and undesirable feelings• having a purpose as a key factor in enjoying life despite illness Fifth Session:• Deep knowledge of the self, in order to realize its enormous and hidden abilities• Recognize your weaknesses and try to fix them• Taking advantage of hope and not succumbing to hopelessness and Avoidance of self-defeat• Avoid comparing yourself with others• Reliance on yourself and your abilities and avoiding unnecessary dependence on others.Sixth Session:• Thought control due to the extraordinary power of thought creation or destruction• Take advantage of the sad events in life instead of despair and worry, according to a bit of Saadi, “Where one door shuts another opens”.• Modeling successful people Seventh Session:• How to be empowered to solve your own and others problems• Psycho-cognitive empowerment by: Feeling Competent, confident, effective, autonomy and meaningful Eighth Session:• Awareness and belief that the origin of human happiness is his or her own.• Being responsible for life in order to respond appropriately• Control of psychological reactions as an effective factor in physical diseases• Reviewing and summarizing course content

Category
Lifestyle

2

Description
Control group: No intervention

Category
Lifestyle

Recruitment centers

1

Recruitment center

Name of recruitment center
MS Society of Kashan

Full name of responsible person
Mohammad Afshar

Street address
School of Nursing and Midwifery, Doctors Boulevard, 3km from Ravand Road

City
Kashan

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Isfehan

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8715988141

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Email
nursing@kaums.ac.ir

Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Kashan University of Medical Sciences

Full name of responsible person
hamidreza banafsheh

Street address
Deputy of research and technology, Doctors Boulevard, 3km from Ravand Road

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8715988141

Phone
+98 31 5554 0480

Email
research@kaums.ac.ir

Web page address

Grant name

Grant code / Reference number

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

Title of funding source
Kashan 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
Kashan University of Medical Sciences

Full name of responsible person
Mohammad Bagheri

Position
Student

Latest degree
Bachelor

Other areas of specialty/work
Nursery

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88715973474
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Person responsible for scientific inquiries

Contact
Name of organization / entity
Kashan University of Medical Sciences
Full name of responsible person
Mohammad Afshar
Position
Consultant
Latest degree
Ph.D.
Other areas of specialty/work
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Person responsible for updating data

Contact
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Mohammad Bagheri
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Sharing plan

Deidentified Individual Participant Data Set (IPD)
Undecided - It is not yet known if there will be a plan to make this available
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
Undecided - It is not yet known if there will be 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