

Clinical Trial Protocol

Iranian Registry of Clinical Trials

17 Sep 2026

Comparison of the effect of spiritual therapy and education based on Orem self-care model on lifestyle, anxiety, depression and chronic pain in retired elderly of armed forces

Protocol summary

Study aim

Comparison of the effect of spiritual therapy and education based on Orem self-care model on lifestyle, anxiety, depression and chronic pain in retired elderly of armed forces

Design

In this quasi-experimental study, the samples will be randomly divided into two groups of education based on Orem self-care model and spiritual therapy intervention.

Settings and conduct

The present study will be conducted on elderly people referring to the retirement centers of the Armed Forces of Masjed Soleyman. After obtaining the required code of ethics and permits, the researcher begins sampling according to the inclusion criteria. After the researchers have fully justified the samples, the participants complete the questionnaires. Then the samples will be randomly divided into two intervention groups (Orem self-care model) and second intervention group (Spirituality therapy).

Participants/Inclusion and exclusion criteria

Entry Criteria: Elderly retired armed forces aged 60 years and over Having reading and writing skills Consent to participate in the study Non entry Criteria: Any disorder that impedes the intervention or affects the results of the study

Intervention groups

In the first intervention group, education will be based on Orem self-care model and in the second intervention group spiritual therapy will be performed.

Main outcome variables

Lifestyle, anxiety, depression and chronic pain

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20170117032023N3**

Registration date: **2019-12-23, 1398/10/02**

Registration timing: **registered_while_recruiting**

Last update: **2019-12-23, 1398/10/02**

Update count: **0**

Registration date

2019-12-23, 1398/10/02

Registrant information

Name

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 61 4323 0999

Email address

madmoli.y@ajums.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2019-12-22, 1398/10/01

Expected recruitment end date

2020-05-21, 1399/03/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Comparison of the effect of spiritual therapy and education based on Orem self-care model on lifestyle, anxiety, depression and chronic pain in retired elderly of

armed forces

Public title
Effect of spiritual therapy and education based on Orem self-care model on lifestyle, anxiety, depression and chronic pain in retired elderly

Purpose
Education/Guidance

Inclusion/Exclusion criteria
Inclusion criteria:
Elderly retired armed forces aged 60 years and over
Having reading and writing skills
Consent to participate in the study
Exclusion criteria:
Any disorder that impedes the intervention or affects the results of the study

Age
From **60 years** old

Gender
Male

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **78**

Randomization (investigator's opinion)
Randomized

Randomization description
The samples will be randomly divided into two intervention groups (Orem self-care model) and second intervention group (Spirituality therapy).

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 Baqiyatallah University of Medical Sciences
Street address
Mulla Sadra Street, Vanak Square
City
Tehran
Province
Tehran
Postal code
1435916471
Approval date

2019-10-15, 1398/07/23
Ethics committee reference number
IR.BMSU.REC.1398.205

Health conditions studied

1

Description of health condition studied
Elderly
ICD-10 code
O09.52
ICD-10 code description
Supervision of elderly multigravida

Primary outcomes

1

Description
Lifestyle
Timepoint
Lifestyle measurement at baseline (before intervention) and 3 months after intervention
Method of measurement
Lifestyle Questionnaire

2

Description
Anxiety
Timepoint
Anxiety measurement at baseline (before intervention) and 3 months after intervention
Method of measurement
Anxiety questionnaire

3

Description
Depression
Timepoint
Depression measurement at baseline (before intervention) and 3 months after intervention
Method of measurement
Depression questionnaire

4

Description
Chronic pain
Timepoint
Chronic pain measurement at baseline (before intervention) and 3 months after intervention
Method of measurement
Chronic pain questionnaire

Secondary outcomes

empty

Intervention groups

1

Description

First intervention group: The Orem-based self-care education will be done based on the self-care ability and educational needs of the elderly. This intervention will be 4 sessions a week in between (2 months total).

Category

Lifestyle

2

Description

Second intervention group: Richards and Bergin's spiritual therapy will be done. This intervention will be taught in 14 stages over 4 training sessions by a religious expert for two months.

Category

Treatment - Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Residents of the Khuzestan Islamic Revolutionary Guard Corps

Full name of responsible person

Khodadad Bagheri

Street address

West Mordad Street, Kianpars

City

Ahvaz

Province

Khuzestan

Postal code

6311973484

Phone

+98 61 3376 5021

Email

khuzestan.sadeghan@info.ir

Web page address

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Bagheiat-allah University of Medical Sciences

Full name of responsible person

Alireza Jalali Farahani

Street address

Mulla Sadra Street, Vanak Square

City

Tehran

Province

Tehran

Postal code

1435916471

Phone

+98 21 8804 0060

Email

a-jalalifarahani@bmsu.ac.ir

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Bagheiat-allah 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

Bagheiat-allah University of Medical Sciences

Full name of responsible person

Seyed Morteza Hosseini

Position

Assistant Professor

Latest degree

Ph.D.

Other areas of specialty/work

Psychology

Street address

Mulla Sadra Street, Vanak Square

City

Tehran

Province

Tehran

Postal code

1435916471

Phone

+98 21 8806 8923

Email

sm_hosseini@yahoo.com

Person responsible for scientific inquiries

Contact

Name of organization / entity

Bagheiat-allah University of Medical Sciences

Full name of responsible person

Seyed Morteza Hosseini

Position

Assistant Professor

Latest degree

Ph.D.

Other areas of specialty/work

Psychology

Street address

Mulla Sadra Street, Vanak Square

City

Tehran

Province

Tehran

Postal code

1435916471

Phone

+98 21 8806 8923

Email

sm_hosseini@yahoo.com

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

Bagheiat-allah University of Medical Sciences

Full name of responsible person

Yaghoob Madmoli

Position

Clinical instructor

Latest degree

Master

Other areas of specialty/work

Nursery

Street address

Martyr Nozar Khodadadi alley, No.8

City

Masjed Soleyman

Province

Khouzestan

Postal code

6491853954

Phone

+98 61 4323 0999

Email

ymadmoli@gmail.com

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

Not applicable

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

Not applicable

Data Dictionary

Undecided - It is not yet known if there will be a plan to make this available