

Clinical Trial Protocol

Iranian Registry of Clinical Trials

08 Jun 2026

Effects of Quranic Meditation on Anxiety and Stress level of Medical Students taking Viva Exams; A Randomized Control Trial

Protocol summary

Study aim

This study is aimed to determine the effect of short duration Quranic meditation on the level of stress and anxiety of medical students taking viva exam.

Design

community based, parallel group, single blind, randomized controlled trial 68 participants were randomized into two groups by simple lottery method of randomization.

Settings and conduct

The study was conducted at the department of physical therapy, Dar-ul-Shifa campus, Islamabad Pakistan. Participants were kept blinded, they were not informed that whether they are in experimental or control group. During lottery method they were just picking a folded paper and giving to the investigator. Investigator then allocating them in one of the two groups according to group written in folded paper.

Participants/Inclusion and exclusion criteria

All students between the ages of 17 to 24 years old who were scheduled to take the viva exam were included in the study. While students with any pre-diagnosed psychological issues or hearing impairments were excluded.

Intervention groups

The individuals of interventional group were meditated through listening Quranic recitation and the individuals of control group received meditation through different mobile applications such as 'Brain wave therapy' and 'Relieving sounds of stress'

Main outcome variables

Anxiety level (The scores of Beck Anxiety Inventory)
Stress level (Through MUSE birds and MUSE points)

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20191107045358N1**

Registration date: **2019-12-29, 1398/10/08**

Registration timing: **retrospective**

Last update: **2019-12-29, 1398/10/08**

Update count: **0**

Registration date

2019-12-29, 1398/10/08

Registrant information

Name

Muhammad Ashar Rafi

Name of organization / entity

Shifa Tameer-e-Millat University

Country

Pakistan

Phone

+92 51 8441753

Email address

ashar.dpt@outlook.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2019-02-01, 1397/11/12

Expected recruitment end date

2019-03-02, 1397/12/11

Actual recruitment start date

2019-02-01, 1397/11/12

Actual recruitment end date

2019-03-02, 1397/12/11

Trial completion date

2019-05-30, 1398/03/09

Scientific title

Effects of Quranic Meditation on Anxiety and Stress level of Medical Students taking Viva Exams; A Randomized Control Trial

Public title

Effect of Quranic Meditation in reducing stress and anxiety

Purpose

Education/Guidance

Inclusion/Exclusion criteria**Inclusion criteria:**

Age between 17-24 years Both males and females
Students taking viva exams

Exclusion criteria:

Students with psychological issues
Students with hearing impairments

Age

From **17 years** old to **24 years** old

Gender

Both

Phase

N/A

Groups that have been masked

- Participant

Sample size

Target sample size: **68**

Actual sample size reached: **68**

Randomization (investigator's opinion)

Randomized

Randomization description

Individuals were equally distributed into interventional (Quranic Meditation) and control (Mobile app Meditation) groups, using the simple random sampling, lottery method in which participants were kept blinded.

Blinding (investigator's opinion)

Single blinded

Blinding description

Participants were kept blinded, they were not informed that whether they are in experimental or control group. During lottery method they were just picking a folded paper and giving to the investigator. Investigator then allocating them in one of the two groups according to group written in folded paper.

Placebo

Not used

Assignment

Parallel

Other design features**Secondary Ids**

empty

Ethics committees**1****Ethics committee****Name of ethics committee**

Institutional Review Board & Ethics Committee Shifa International Hospital (SIH)

Street address

Dar-ul-shifa CAmpus, Street # 03, Pitrus Bukhari Road. H-8/1. Islamabad.

City

Islamabad

Postal code

67337

Approval date

2109-03-01, 1487/12/10

Ethics committee reference number

1207-483-2018

Health conditions studied**1****Description of health condition studied**

Anxiety and stress levels of medical students taking viva exams

ICD-10 code

F43.8

ICD-10 code description

Other reactions to severe stress

Primary outcomes**1****Description**

Anxiety level

Timepoint

Before and after intervention

Method of measurement

Beck Anxiety Inventory (Questionnaire)

2**Description**

Stress level

Timepoint

Before and After intervention

Method of measurement

Through MUSE device

Secondary outcomes

empty

Intervention groups**1****Description**

Interventional group: The individuals of interventional group were meditated through listening Quranic recitation for 3 minutes before going into viva exam.

Category

Other

2**Description**

Control group: The individuals of control group received meditation through different mobile applications such as 'Brain wave therapy' and 'Relieving sounds of stress' for

3 minutes before going into viva exam.

Category

Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Shifa Tameer e Millat University

Full name of responsible person

Dr. Fouzia Batool

Street address

Dar-ul-shifa Campus, Street # 03, Pitrus Bukhari Road. H-8/1. Islamabad.

City

Islamabad

Postal code

67337

Phone

+92 51 8441753

Email

ashar.dpt@outlook.com

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Shifa Tameer e Millat University

Full name of responsible person

Dr. Fouzia Batool

Street address

Dar-ul-shifa CAmpus, Street # 03, Pitrus Bukhari Road. H-8/1. Islamabad.

City

Islamabad

Postal code

67337

Phone

+92 51 8441753

Email

ashar.dpt@outlook.com

Grant name

Research grant

Grant code / Reference number

DPT/2019/02/08(A)

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

Yes

Title of funding source

Shifa Tameer e Millat University

Proportion provided by this source

100

Public or private sector

Private

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

Shifa Tameer e Millat University

Full name of responsible person

Dr. Fouzia Batool

Position

Assistant Professor/ In charge

Latest degree

Master

Other areas of specialty/work

Physiotherapy

Street address

Dar-ul-shifa CAmpus, Street # 03, Pitrus Bukhari Road. H-8/1. Islamabad.

City

Islamabad

Province

Federal

Postal code

67337

Phone

+92 51 8441752

Email

fouzia_dpt.ahs@stmu.edu.pk

Person responsible for scientific inquiries

Contact

Name of organization / entity

Shifa Tameer e Millat University

Full name of responsible person

Dr. Hania Farheen

Position

Senior Lecturer / Head Research Committee

Latest degree

Master

Other areas of specialty/work

Physiotherapy

Street address

Dar-ul-shifa CAmpus, Street # 03, Pitrus Bukhari Road. H-8/1. Islamabad.

City

Islamabad

Province

Federal

Postal code

67337

Phone

+92 51 8441753

Email

hania_dpt.ahs@stmu.edu.pk

Person responsible for updating data

Contact

Name of organization / entity

Shifa Tameer-e-Millat University

Full name of responsible person

Muhammad Ashar Rafi

Position

Lecturer

Latest degree

Master

Other areas of specialty/work

Physiotherapy

Street address

Dar-ul-shifa CAmpus, Street # 03, Pitrus Bukhari Road. H-8/1. Islamabad.

City

Islamabad

Province

Federal

Postal code

67337

Phone

+92 51 8441753

Fax**Email**

ashar.dpt@outlook.com

Sharing plan**Deidentified Individual Participant Data Set (IPD)**

Yes - There is 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

Not applicable

Title and more details about the data/document

All data collected before and after meditation related to anxiety and stress level

When the data will become available and for how long

Starting just after publication

To whom data/document is available

Everyone related

Under which criteria data/document could be used

By asking from the author

From where data/document is obtainable

From corresponding author

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

A formal request will be required

Comments