Clinical Trial Protocol
Iranian Registry of Clinical Trials

22 Nov 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
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Shifa Tameer-e-Millat University
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Pakistan
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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 impairements
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 Commitee 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.

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Sponsors / Funding sources

1

Sponsor

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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

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Position
Senior Lecturer / Head Research Committee

Latest degree
Master

Other areas of specialty/work
Physiotherapy

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Person responsible for updating data

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Physiotherapy
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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