Clinical Trial Protocol
Iranian Registry of Clinical Trials

07 Nov 2026

The effect of spiritual intelligence training on hope and self-transcendence in mothers of premature newborns hospitalized in neonatal intensive care unit of Fatemie hospital affiliated to Hamadan University of Medical Sciences in 2020

Protocol summary

Study aim

The aim of this study was to investigate the effect of spiritual intelligence training on hope and self-esteem in mothers of neonates admitted to the neonatal intensive care unit of Fatemieh Hospital affiliated to Hamadan University of Medical Sciences.

Design

A randomized clinical trial with a control group, with two parallel groups

Settings and conduct

The present study will be conducted as a clinical trial with the participation of 80 mothers with premature infants admitted to Fatemieh hospital in Hamadan in 2020. Mothers will be randomly assigned to two groups: intervention and control. In the intervention group, the spiritual intelligence training protocol will be performed individually for 8 weeks in 8 weeks in the mothers of premature infants admitted to the hospital. No action will be taken in the control group.

Participants/Inclusion and exclusion criteria

Inclusion criteria: Have the ability to read and write,Have a premature baby between 28 and 32 weeks of gestation, Have no history of taking antidepressants, drugs or psychedelics Exclusion criteria: Failure to attend more than one training session, Unwilling to continue participating in the study

Intervention groups

In the intervention group, the spiritual intelligence training protocol will be performed individually in mothers of premature infants during 8 sessions in 8 weeks. No action will be taken in the control group.

Main outcome variables

hope and self-transcendence

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20160110025929N32**
Registration date: **2020-08-16, 1399/05/26**
Registration timing: **prospective**

Last update: **2020-08-16, 1399/05/26**
Update count: **0**

Registration date

2020-08-16, 1399/05/26

Registrant information

Name

Mehdi Molavi Vardanjani

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 81 3422 5056

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m.molavi@umsha.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2020-08-21, 1399/05/31

Expected recruitment end date

2021-02-18, 1399/11/30

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title
The effect of spiritual intelligence training on hope and self-transcendence in mothers of premature newborns hospitalized in neonatal intensive care unit of Fatemie hospital affiliated to Hamadan University of Medical Sciences in 2020

Public title
effect of spiritual intelligence training on hope and self-transcendence in mothers of premature newborns

Purpose
Supportive

Inclusion/Exclusion criteria

Inclusion criteria:
Have the ability to read and write. Have a premature baby between 28 and 32 weeks of gestation. Have no history of taking antidepressants, drugs or psychedelics

Exclusion criteria:
Unwilling to continue participating in the study Failure to attend more than one training session

Age
No age limit

Gender
Female

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **80**

Randomization (investigator's opinion)
Randomized

Randomization description
Simple random allocation will be done using a random number table. Patients will be randomly divided into two groups intervention(A) and control (B).

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 Shahid Beheshti University of Medical Sciences

Street address
Shahid Beheshti University of medical Sciences,Shahid Chamran Highway, Tehran.

City
Tehran

Province
Tehran

Postal code
38698-65178

Approval date
2020-07-04, 1399/04/14

Ethics committee reference number
IR.SBMU.PHARMACY.REC.1399.120

Health conditions studied

1

Description of health condition studied
Premature infants

ICD-10 code
O42.00

ICD-10 code description
Premature rupture of membranes, onset of labor within 24 hours of rupture, unspecified weeks of gestation

Primary outcomes

1

Description
hope and self-transcendence

Timepoint
Before, immediately and 3 weeks after the intervention

Method of measurement
The scale of hope for mothers with premature infant and Self-transcendence scale

Secondary outcomes

empty

Intervention groups

1

Description
Intervention group: The training sessions will be conducted by the researcher in 8 weeks and 8 sessions (90 minutes each session) individually and in the hospital location by the researcher. The contact number is obtained from the participants and in the virtual group formed by the researcher in WhatsApp software; In order to better understand the content by the mothers, at the beginning of each session, there will be a time to express the opinions and questions of the mothers, as well as questions and answers about the topics mentioned in the previous session.Hope Scale mothers of premature infants and self-transcendence scale before, immediately after, and 3 weeks of the study are evaluated.

Category
N/A

2

Description
Control group: In the control group with no intervention "Hope Scale mothers of premature infants" and "self-transcendence scale" while the intervention group before, immediately after, and 3 weeks of the study are evaluated.
Category
N/A

Recruitment centers

1

Recruitment center
Name of recruitment center
Fatemieh hospital
Full name of responsible person
Shohre Alimohammadi
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Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Hamedan University of Medical Sciences
Full name of responsible person
Saeed Bashirian
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Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
No
Title of funding source
Deputy of research and technology
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
Shahid Beheshti University of Medical Sciences
Full name of responsible person
Azam Shirinabadi
Position
Assistant Professor
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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