Clinical Trial Protocol
Iranian Registry of Clinical Trials

19 Sep 2026

Effect of spiritual care based on Ghalbe Salim on anxiety related to COVID-19 (corona phobia) in working women of Larestan offices in 2020

Protocol summary

Study aim

Determining the effect of spiritual care based on Ghalbe Salim on anxiety related to COVID-19 in working women of Larestan offices in 2020

Design

Randomized Clinical Trial with control and intervention group. parallel groups without blindness. on 28 working women in Larestan offices

Settings and conduct

The present study was performed on working women in Larestan offices .

Participants/Inclusion and exclusion criteria

Admission requirements: Be a woman and work in government offices. Exit conditions: Do not have the necessary conditions to do homework and accompany the program.

Intervention groups

The program of spiritual intervention based on Ghalbe Salim was based on Islamic verses and hadiths and approved by religious experts. This program included presenting solutions in four areas as follows : A) Communication with God B) Communication with yourself C) Communication with others D) Relationship with nature and environment After identifying the members of the intervention group, 6 virtual 60-minute sessions were held. The agenda of the meetings was as follows: 1.Expressing the content identified by researchers in a variety of ways, including playing short videos, audio and text for 20 to 30 minutes 2.Specify the task of the next session includes writing your opinion on a specific spiritual subject, doing a practical task such as doing a particular act of worship and expressing your feelings about it, and so on. 3.Questions and answers and summarizing the contents and feedback of the homework of the previous session for 20 minutes. The control group was selected from the same participants who had the inclusion criteria.The control group did not receive any intervention.

Main outcome variables

After the intervention, the Corona Anxiety Scale Questionnaire was completed.

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20201003048905N1**
Registration date: **2020-10-07, 1399/07/16**
Registration timing: **retrospective**

Last update: **2020-10-07, 1399/07/16**
Update count: **0**

Registration date

2020-10-07, 1399/07/16

Registrant information

Name

Zohreh Faramarzian

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 71 5224 9506

Email address

zohreh.faramarzian@gmail.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2020-05-23, 1399/03/03

Expected recruitment end date

2020-07-03, 1399/04/13

Actual recruitment start date

2020-06-13, 1399/03/24

Actual recruitment end date

2020-07-24, 1399/05/03

Trial completion date
2020-07-31, 1399/05/10

Scientific title
Effect of spiritual care based on Ghalbe Salim on anxiety related to COVID-19 (corona phobia) in working women of Larestan offices in 2020

Public title
Effect of spiritual care based on Ghalbe Salim on anxiety related to COVID-19 (corona phobia)

Purpose
Supportive

Inclusion/Exclusion criteria

Inclusion criteria:
Do not have acute family problems. Have an interest and desire to participate in meetings. Have no history of diagnosed mental illness (depression, violence, etc.).

Exclusion criteria:
Withdrawal from continuing cooperation during the study
Absence from more than one session of interventions
Failure to perform assigned tasks in more than one session

Age
No age limit

Gender
Female

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **14**
Actual sample size reached: **14**

Randomization (investigator's opinion)
Randomized

Randomization description
The researcher extracts the list of government offices in Larestan by referring to Larestan city governor's office and writes the name of each office on a piece of paper. In the next step, the papers are entered into the envelopes and 7 envelopes are selected through simple random sampling. Therefore, 7departments are selected for sampling up to this stage. In the next step, the researcher provides ethical and scientific permission to the city governor to write letters to selected departments. Researcher explains the goals of the plan as well as the criteria for entering and leaving the study and requests from selected departments to introduce 4 working women who wants to participate in the present study through the contact number. Individuals are divided into 7 blocks of 4 by contacting the researcher and randomly assigning random blocks. Therefore, in each block, 2 people are assigned to the intervention group and 2 people to the control group Finally, 14 women are in the intervention group and 14 women are in the control group.

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 Larestan University of Medical Sciences

Street address
Fars, Larestan, Shahr-e Jadid, North Ghadir Boulevard, Karmandan Street, behind Larestan Grand Bazaar

City
larestan

Province
Fars

Postal code
7431889629

Approval date
2020-04-27, 1399/02/08

Ethics committee reference number
IR.LARUMS.REC.1399.001

Health conditions studied

1

Description of health condition studied
anxiety related to corona disease (coronaphobia)

ICD-10 code
F06.4

ICD-10 code description
Anxiety disorder due to known physiological condition

Primary outcomes

1

Description
Anxiety related to COVID-19 (corona phobia)

Timepoint
At the beginning of the study and after the study

Method of measurement
Corona Anxiety Inventory

Secondary outcomes

empty

Intervention groups

1

Description
Intervention group : The program of spiritual intervention

based on Ghalbe Salim, which is based on Islamic verses and hadiths and approved by religious experts, is developed in four areas and includes the following: A) Communication with God B) Communication wit yourself. C) Communication with others. D) Relationship with nature and environment. The program was presented in 6 sessions as follows: Session 1: Initial evaluation, welcome, explanation of group rules, statement of goals and structure of meetings, initial evaluation feedback, program implementation Session 2: Implement the program to provide solutions to strengthen the relationship with God. Session 3: Implement the program to provide solutions to strengthen self-communication. Sessions 4 and 5: Implement the program to provide solutions to strengthen relationships with others. Session 6: Presenting solutions to strengthen the relationship with the environment and nature and summarizing the previous sessions

Category

Lifestyle

2

Description

The "Control group" will not receive any intervention.

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center

Larestan offices

Full name of responsible person

Zohreh Faramarzian

Street address

Fars Province, Larestan, New City, Dr. Dadman Highway, Next to Imam Reza Hospital, Hazrat Zeinab School of Nursing and Midwifery, Teacher's Office

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7431895639

Phone

+98 71 5224 7110

Email

zohreh.faramarzian@gmail.com

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Larestan University of Medical Sciences

Full name of responsible person

Dr Behzad Rezaie

Street address

Fars, Larestan, Shahr-e Jadid, North Ghadir Boulevard, Karmandan Street, behind Larestan Grand Bazaar

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Grant name

Grant code / Reference number

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

Yes

Title of funding source

Larestan 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

Larestan University of Medical Sciences

Full name of responsible person

Zohreh Faramarzian

Position

Instructor-Faculty Member

Latest degree

Master

Other areas of specialty/work

Pediatric nursing

Street address

Fars Province, Larestan, New City, Dr. Dadman Highway, Next to Imam Reza Hospital, Hazrat Zeinab School of Nursing and Midwifery, Teacher's Office

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Person responsible for scientific inquiries

Contact

Name of organization / entity
Larestan University of Medical Sciences

Full name of responsible person
Zohreh Faramarzian

Position
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Latest degree
Master

Other areas of specialty/work
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Person responsible for updating data

Contact

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Sharing plan

Deidentified Individual Participant Data Set (IPD)
Yes - There is a plan to make this available

Study Protocol
Yes - There is a plan to make this available

Statistical Analysis Plan
Yes - There is a plan to make this available

Informed Consent Form
Yes - There is a plan to make this available

Clinical Study Report
Yes - There is a plan to make this available

Analytic Code
Yes - There is a plan to make this available

Data Dictionary
Yes - There is a plan to make this available

Title and more details about the data/document
It can be shared by unidentifiable participants.

When the data will become available and for how long
Access begins a year after the publication of results

To whom data/document is available
People who are working in the academic and scientific institutions

Under which criteria data/document could be used
it needs the agreement of Larestan University of Medical Sciences

From where data/document is obtainable
zohreh Faramarzian, Instructor, Larestan University of Medical Sciences, Email: zohreh.faramarzian@gmail.com Contact Phone:00987152245009

What processes are involved for a request to access data/document
Written and formal request to the vice chancellor for research of Larestan University of Medical Sciences

Comments