

Clinical Trial Protocol

Iranian Registry of Clinical Trials

02 Jun 2026

The effect of spiritual therapy on resilience of mothers following abortion

Protocol summary

Study aim

Main purpose: To determine the effect of spiritual therapy on resilience of mother's following abortion Sub-objective: 1) Determining and comparing the average resilience score mothers following abortion in the intervention and control group before the intervention 2) Determining and comparing the average resilience score of mothers following abortion in the intervention and control group after the intervention 3) Determining and comparing the average resilience score of mothers following abortion in the intervention and control group before and after the intervention

Design

Random clinical trial with control group- without blinding- on 68 patients. the individuals are divided into intervention and control groups using random blocking

Settings and conduct

The research environment will be Al-Zahra hospital in rasht. The sessions will be held in 8 sessions for 4 weeks (twice weeks). the duration of the sessions will be 60 minutes

Participants/Inclusion and exclusion criteria

Entry conditions: Abortion before 20 weeks- minimum literacy- lack of known physical and psychiatric illness based on the patient's statement and not taking medication related to these illnesses- willingness to participate in the study Exit conditions: Reluctance to continue participating in the study- failure to attend more than two training sessions

Intervention groups

Spiritual therapy will be performed in 8 sessions for 4 weeks (twice a week). The duration of the sessions will be 60 minutes. meeting will be based on the protocol Kajbaf et al. the control group will receive routine care and will be given a spiritual therapy protocol at the end of the work

Main outcome variables

resilience mothers following abortion

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20160821029446N11**

Registration date: **2022-03-07, 1400/12/16**

Registration timing: **prospective**

Last update: **2022-03-07, 1400/12/16**

Update count: **0**

Registration date

2022-03-07, 1400/12/16

Registrant information

Name

Maryam Damghanian

Name of organization / entity

Nursing and Midwifery Faculty, Tehran University of Medical Science

Country

Iran (Islamic Republic of)

Phone

+98 21 6692 7171

Email address

m-damghanian@sina.tums.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2022-04-04, 1401/01/15

Expected recruitment end date

2022-08-21, 1401/05/30

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of spiritual therapy on resilience of mothers following abortion

Public title

the effect of spiritual therapy on resilience

Purpose

Education/Guidance

Inclusion/Exclusion criteria**Inclusion criteria:**

Abortion before 20 weeks Minimum literacy No physical or psychological illness based on the patient's statement and no medication associated with the illness Willingness to participate in the study

Exclusion criteria:

Having a physical and psychological illness based on the patients statement selective abortion

Age

No age limit

Gender

Female

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: 68

Randomization (investigator's opinion)

Randomized

Randomization description

Assignment of samples to intervention (A) and control (B) groups (34 people in each group) will be done using blocks with size of 4. In this way, 6 possible modes will be considered using a table of random numbers. These 6 modes are written on 6 separate cards and the cards will be placed in a black bag (for concealment) . A card will be issued for 17 times to finally get 68 letters written as the sample size. The intervention group will be the group that will receive spiritual therapy sessions, and the control group will be the group that will receive only the routine cares.

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 the School of Nursing and Midwifery and the School of Rehabilitation of Tehran

U

Street address

Tohid Square,Dr. Mir Khani St.(Eastern Nursat)

City

Tehran

Province

Tehran

Postal code

1419733171

Approval date

2022-01-13, 1400/10/23

Ethics committee reference number

IR.TUMS.FNM.REC.1400.185

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

abortion

ICD-10 code

O03

ICD-10 code description

Spontaneous abortion

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

The resilience score that individuals obtain from the Connor and Davidson Resilience Questionnaire

Timepoint

Before the intervention and at the end of the eighth session

Method of measurement

Connor and Davidson Resilience Questionnaire

Secondary outcomes

empty

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

Intervention group: individuals are trained in spiritual therapy in 8 sessions (twice a week) for 4 weeks for 60 minutes. Once before the intervention and once after the training sessions, the reliance questionnaire will be filled out by the intervention group,. spiritual therapy training will be provided based on the package of kajbaf et al. the content of the meetings is as follows.session1: in this session, hope and empathetic relationship are discussed. Session 2: In this session, the first premise (spiritual human being) and the second premise that pleasant and unpleasant feelings are not dependent on phenomena but on inner feelings will be discussed. In this session, the promotion of intentions and purposeful behaviors and positive mental imagery towards God will be taught. Session 3: Includes the third premise which is the

principle of action. This principle is based on the attributes of God's mercy and generosity. That is, God always provides the opportunity for human growth, and the fourth premise (divisibility: means that worldly affairs can be divided into changeable and immutable affairs). Session 4: In this session, the fifth premise (the moral world is created and always moving in the direction of happiness) will be taught. The strategy of prayer and its place in human life and increasing women's resilience following abortion and reducing anxiety and stress will be taught. Session 5: It is based on the principle that the future is not entirely in our hands. In this session, the strategies of remembrance, trust and hope in God will be discussed. Session 6: It is based on the principle that man is constantly in touch with God. In this session, the position of patience as a strategy to increase women's resilience following abortion, increase the quality of married life and deal with anxiety will be taught. Session 7: It is based on this principle that the eighth premise (spiritual man lives with his attributes, not with his property and possessions) and the ninth premise (achieving spiritual life requires charity, forgiveness, forgiveness and love). Session 8: Default (understanding the meaning of hardships and responsibilities to God, self, others and the universe).

Category

Treatment - Other

2

Description

Control group: No action is taken for members of the control group. These people receive hospital routine care. Once before the intervention in the intervention group and once after the training sessions in the intervention group, the reliance questionnaire will be filled out by the control group.

Category

Treatment - Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Al-Zahra hospital

Full name of responsible person

Maryam Damghanian

Street address

Namjoo st, in front of shahid Azdi Stadium, Al-Zahra Medical Training Center

City

Rasht

Province

Guilan

Postal code

54829-41446

Phone

+98 13 3336 9326

Email

azzahra@gums.ac.ir

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Tehran University of Medical Sciences

Full name of responsible person

Mehrnaz Geranmaye

Street address

Keshavarz Blvd., Vesal Shirazi St., Italy St., No. 41, Comprehensive Research Laboratory, Negative First Floor, Preclinical Laboratory

City

Tehran

Province

Tehran

Postal code

1419733171

Phone

+98 21 8897 8745

Email

info@tpcf.ir

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Tehran 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

Tehran University of Medical Sciences

Full name of responsible person

Maryam Damghanian

Position

Associated Professor

Latest degree

Ph.D.

Other areas of specialty/work

Midwifery

Street address

Tohid Square, Dr. Mirkhani St (Eastern Nusrat

City

Tehran

Province

Tehran

Postal code

1419733171

Phone

+98 21 6692 7171

Email

fnm@tums.ac.ir

Person responsible for scientific inquiries

Contact

Name of organization / entity

Tehran University of Medical Sciences

Full name of responsible person

Maryam Damghanian

Position

Associate professor

Latest degree

Ph.D.

Other areas of specialty/work

Midwifery

Street address

Tohid Square, Dr. Mirkhani St. (Eastern nusrat)

City

Tehran

Province

Tehran

Postal code

1419733171

Phone

021669271171

Email

fnm@tums.ac.ir

Person responsible for updating data

Contact

Name of organization / entity

Tehran University of Medical Sciences

Full name of responsible person

Maryam Damghanian

Position

Associate professor

Latest degree

Ph.D.

Other areas of specialty/work

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Phone

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Email

fnm@tums.ac.ir

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

Not applicable

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

Not applicable

Data Dictionary

Not applicable

Title and more details about the data/document

information about the main outcome can be shared the protocol used in this intervention

When the data will become available and for how long

6 months after printing the results

To whom data/document is available

Researchers working in academic and scientific institutions

Under which criteria data/document could be used

for use in articles

From where data/document is obtainable

Dr.Maryam Damghanian
maryamdamghanian@gmail.com

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

the applicant must notify the e-mail of the request for use and after review,their request will be answered

Comments