

Clinical Trial Protocol

Iranian Registry of Clinical Trials

10 Jun 2026

Investigating the effect of spiritual care based on Sound Heart Model on Spirituality Experience and tendency to Social Desirability in patients with Multiple Sclerosis

Protocol summary

Study aim

Determining the effect of spiritual care based on Sound Heart Model on Spirituality Experience and tendency to Social Desirability in patients with multiple sclerosis

Design

This study is a clinical trial with two groups (intervention and control), no blinding and randomized (simple random allocation) with 40 patients in each group. SPSS software will be used for randomization.

Settings and conduct

This study, will be performed in Kerman Medical Center for Special Diseases. In the intervention group, 16 sessions of spiritual care based on a healthy heart model will be performed in 8 weeks and two sessions per week and virtually. The variables will be measured before and 1 month after the intervention.

Participants/Inclusion and exclusion criteria

Patients with multiple sclerosis/ Inclusion criteria: Failure to mental illness and use of psychotropic drugs, adult patients over 18 years who are not in the acute stage of the disease, no deafness to communicate, definitive diagnosis of MS according to a neurologist, at least 6 months Onset of illness, at least fifth grade education, access to Android or PC phones and the Internet to attend virtual meetings Exclusion criteria: Hospitalization due to recurrence of the disease, other debilitating diseases, participation in spiritual care training sessions in the past year, unwillingness to continue cooperation and incomplete completion of questionnaires more than 10% of all questionnaire questions.

Intervention groups

Intervention group: 16 virtual sessions of 35 minutes of spiritual care based on Sound Heart Model, virtual and through Skyroom, will receive two sessions per week; While patients in the control group receive routine care.

Main outcome variables

Spirituality experience, Tendency to social desirability

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20151107024919N13**

Registration date: **2022-03-19, 1400/12/28**

Registration timing: **prospective**

Last update: **2022-03-19, 1400/12/28**

Update count: **0**

Registration date

2022-03-19, 1400/12/28

Registrant information

Name

Batoul Tirgari

Name of organization / entity

Kerman Medical University of Sciences

Country

Iran (Islamic Republic of)

Phone

+98 34 3132 5207

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Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2022-04-21, 1401/02/01

Expected recruitment end date

2022-06-22, 1401/04/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Investigating the effect of spiritual care based on Sound Heart Model on Spirituality Experience and tendency to Social Desirability in patients with Multiple Sclerosis

Public title

Effect of spiritual care based on Sound Heart Model on Spirituality Experience and tendency to Social Desirability in patients with Multiple Sclerosis

Purpose

Education/Guidance

Inclusion/Exclusion criteria

Inclusion criteria:

Failure to mental illness and use of psychotropic drugs
Adult patients over 18 years old who are not in the acute stage of the disease
No deafness to communicate
Definitive diagnosis of MS according to a neurologist
At least 6 months after the onset of the disease
At least fifth grade education
Access to Android phones or computers and the Internet to participate in virtual meetings

Exclusion criteria:

Hospitalization due to recurrence of the disease
Having other debilitating diseases
Participation in spiritual care training sessions in the past year
Unwillingness to continue collaboration and incomplete completion of questionnaires more than 10% of the total questionnaire questions

Age

From **18 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **80**

Randomization (investigator's opinion)

Randomized

Randomization description

Eligible patients will be selected by available sampling method and will be numbered from 1 to 80. Codes 1 to 80 are entered into SPSS software and the software is instructed to randomly select 40 people who will be placed in the intervention group. In order to assign the subjects to the intervention and control groups, a simple random allocation method will be used. Using SPSS software, half of the subjects will be in the intervention group and the other half in the control group (40 people in each 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 Kerman University of Medical Sciences

Street address

Medical Center of the Special Disease, No.78 Alley, Shahid Rajaei Street.

City

Kerman

Province

Kerman

Postal code

7619875994

Approval date

2022-02-07, 1400/11/18

Ethics committee reference number

IR.KMU.REC.1400.644

Health conditions studied

1

Description of health condition studied

Multiple Sclerosis

ICD-10 code

G35

ICD-10 code description

Multiple Sclerosis

Primary outcomes

1

Description

Spiritual Experience

Timepoint

The score of spiritual experience will be measured before and 1 month after the end of the intervention.

Method of measurement

Daily Spiritual Experience Scale (DSES) (Underwood & Teresi)

2

Description

Tendency to Social Desirability

Timepoint

The score of tendency to Social Desirability will be measured before and 1 month after the end of the intervention.

Method of measurement

Social Desirability Scale (Crown & Marlow)

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: Providing spiritual care based on Sound Heart Model in 16 sessions of 35 minutes for 8 weeks (two sessions per week) virtually through the Sky Room link, by members of the research team in the form of lectures, questions and answers, group discussions, experiences and The use of teaching aids such as PowerPoint, videos and presentation of scenarios, etc. will be implemented for the intervention group. Also, the file of the guide book of patients' spiritual care written by Asad Zandi from the publications of the Academy of Medical Sciences of the Islamic Republic of Iran and the audio and video file of spiritual care training will be provided to them offline via WhatsApp.

Category

Other

2

Description

Control group: Patients in the control group received routine cares.

Category

Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Medical Center of the Special Diseases

Full name of responsible person

Batool Tirgari

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Kerman University of Medical Sciences

Full name of responsible person

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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

Kerman 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

Kerman University of Medical Sciences

Full name of responsible person

Batool Tirgari

Position

Associate professor

Latest degree

Ph.D.

Other areas of specialty/work

Nursery

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Person responsible for scientific inquiries

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Person responsible for updating data

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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

Not applicable