

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

01 Jul 2026

### Investigating the effect of a spiritual care program through a virtual network on the psychological capital, academic adjustment and spiritual well being of first year nursing students

#### Protocol summary

##### Study aim

Determining the effect of a spiritual care program through a virtual network on psychological capital, academic adjustment and spiritual health of first year nursing students in 1401

##### Design

A clinical trial with a control group, with parallel, randomized groups, on 84 students. Random blocks were used for randomization.

##### Settings and conduct

The study is performed on first year nursing students of the School of Nursing and Midwifery of Isfahan University through a virtual network.

##### Participants/Inclusion and exclusion criteria

1. Undergraduate students in the 1st and 2nd semesters
2. Willingness to participate in the study (interested in participating in the research)
3. Internet access
4. Having a smart phone
5. Not having mental health problems or being treated for mental health problems (according to the student's self-declaration)

##### Intervention groups

Intervention group: WhatsApp software will be used to perform the intervention in the experimental group. Due to the limited access of students to the Internet, people's suggested hours will be asked and at the request of individuals, they will be divided into three groups of 10-12 people in three different time periods. Then the intervention is performed for six sessions. The spiritual care program in this study has four areas of human beings. Objectives Aim to meet the spiritual needs of students with a focus on 4 only human communication, including activities to empower students's existence, spiritual discussions, suggesting spiritual resources and references appropriate to the axis of each session, providing spiritual guidance, promoting spiritual participation and finally improving the meaning and purpose in the life of nursing students. Control

group: There is no intervention and they only complete the questionnaires before and after the study.

##### Main outcome variables

Psychological capital, academic adjustment, spiritual health

#### General information

##### Reason for update

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT20111002007692N4**

Registration date: **2022-05-28, 1401/03/07**

Registration timing: **prospective**

Last update: **2022-05-28, 1401/03/07**

Update count: **0**

##### Registration date

2022-05-28, 1401/03/07

##### Registrant information

##### Name

tahere momeni

##### Name of organization / entity

Isfahan university of medical science

##### Country

Iran (Islamic Republic of)

##### Phone

+98 913 239 0798

##### Email address

t\_momeni@nm.mui.ac.ir

##### Recruitment status

**Recruitment complete**

##### Funding source

##### Expected recruitment start date

2022-09-23, 1401/07/01

##### Expected recruitment end date

2023-03-21, 1402/01/01  
**Actual recruitment start date**  
empty  
**Actual recruitment end date**  
empty  
**Trial completion date**  
empty  
**Scientific title**  
Investigating the effect of a spiritual care program through a virtual network on the psychological capital, academic adjustment and spiritual well being of first year nursing students  
**Public title**  
Investigating the effect of a spiritual care program through a virtual network on the psychological capital, academic adjustment and spiritual well being  
**Purpose**  
Education/Guidance  
**Inclusion/Exclusion criteria**  
**Inclusion criteria:**  
Undergraduate students in the 1st and 2nd semesters  
Willingness to participate in the study (interested in participating in research) Internet access Having a smart phone  
**Exclusion criteria:**  
Not having mental health problems or being treated for mental health problems (according to the student's self-declaration)  
**Age**  
No age limit  
**Gender**  
Both  
**Phase**  
N/A  
**Groups that have been masked**  
*No information*  
**Sample size**  
Target sample size: **84**  
**Randomization (investigator's opinion)**  
Randomized  
**Randomization description**  
Randomization is a block with size 4. Randomization unit: individual. Random allocation software. Random chain hiding is done by placing student codes in opaque envelopes.  
**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

Research Ethics Committees of Nursing, Rehabilitation and Management schools- Isfahan University of

#### Street address

Isfahan University of Medical Sciences,Isfahan,Iran

#### City

Isfahan

#### Province

Isfahan

#### Postal code

81746-73461

### Approval date

2022-05-02, 1401/02/12

### Ethics committee reference number

IR.MUI.NUREMA.REC.1401.029

## Health conditions studied

1

### Description of health condition studied

Spiritual health and mental health

### ICD-10 code

### ICD-10 code description

## Primary outcomes

1

### Description

Score from the Psychological Capital Questionnaire

### Timepoint

Immediately before the intervention and three weeks after the start of the study

### Method of measurement

Luthans Psychological Capital Questionnaires(PCQ)

## Secondary outcomes

1

### Description

Academic compatibility

### Timepoint

Immediately before the intervention and three weeks after the start of the study

### Method of measurement

Baker and Cyriac Academic Adjustment Questionnaire

## Intervention groups

1

### Description

"Intervention group": the intervention is performed for

six Online sessions (twice a week). In this research, the Holy Quran, Sahifa Sajjadih, Nahj al-Balaghah, Gharr al-Hakam, Dar al-Kalam and other authoritative books on spiritual care, palliative medicine and the results of previous researches have been used to compile the content of the spiritual care program. Questionnaires are completed immediately before the intervention and after the end of the sixth session. The spiritual care program in this study has four areas of human beings (including communication with God, communication with self, communication with others and communication with nature). Objectives Aim to meet the spiritual needs of students with a focus on 4 only human communication, including activities to empower students's existence, spiritual discussions, suggesting spiritual resources and references appropriate to the axis of each session, providing spiritual guidance, promoting spiritual participation and finally improving the meaning and purpose in the life of nursing students.

#### Category

N/A

## 2

#### Description

Control group: There is no intervention and only questionnaires before and after the study are completed by them.

#### Category

N/A

## Recruitment centers

## 1

#### Recruitment center

##### Name of recruitment center

Faculty of Nursing and Midwifery, Isfahan University of Medical Sciences

##### Full name of responsible person

Tahere Momeni Ghale Ghasemi

##### Street address

Isfahan University of Medical Scienc, Hezar Jerib St.

##### City

Isfahan

##### Province

Isfahan

##### Postal code

81746-73461

##### Phone

+98 31 3668 0048

##### Email

t\_momeni@nm.mui.ac.ir

## Sponsors / Funding sources

## 1

#### Sponsor

##### Name of organization / entity

Esfahan University of Medical Sciences

##### Full name of responsible person

Dr. Mansour Siavash

#### Street address

Isfahan University of Medical Scienc, Hezar Jerib St.

#### City

Isfahan

#### Province

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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

Esfahan 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

Esfahan University of Medical Sciences

##### Full name of responsible person

Tahere Momeni Ghale Ghasemi

##### Position

Faculty member of the Faculty of Nursing and Midwifery, Isfahan University of Medical Sciences

##### Latest degree

Master

##### Other areas of specialty/work

Nursery

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## Person responsible for scientific

## **inquiries**

### **Contact**

**Name of organization / entity**

Esfahan University of Medical Sciences

**Full name of responsible person**

Tahere Momeni Ghale Ghasemi

**Position**

Faculty member of Isfahan University of Medical Sciences

**Latest degree**

Master

**Other areas of specialty/work**

Nursery

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## **Person responsible for updating data**

### **Contact**

**Name of organization / entity**

Esfahan University of Medical Sciences

**Full name of responsible person**

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**Position**

Faculty member of Isfahan University of Medical Sciences

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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