

Clinical Trial Protocol

Iranian Registry of Clinical Trials

14 Jun 2026

The effect of spiritual skills training on health-related lifestyle in female adolescents

Protocol summary

Study aim

Determining the effect of spiritual skills training on health-related lifestyle in female adolescents

Design

Clinical trial with control group, with parallel groups, without blinding, randomized, phase 3 on 60 healthy female adolescents. Lottery was used for randomization

Settings and conduct

Eight sessions of spiritual restraint training based on the model of spiritual health of Razzaqi et al. And the book of spiritual skills of Bualhari will be conducted in ordinary public schools

Participants/Inclusion and exclusion criteria

All adolescent girls 13 to 15 years old. Inclusion criteria: having written consent to participate in the study, not participating in similar educational programs. Does not have any mental or neurological diseases recorded in the health record. No entry: Parents involved in drugs, children being divorced, mourning first-degree relatives in the last 6 months

Intervention groups

In the intervention group, the training sessions will be in the form of discussion and presentation of the topic, questions and expressions of spiritual experiences by the adolescents, presentation of trainings, presentation of exercises to the participants. At the end of the session, the topics will be explained. 30 to 45 minute sessions will be presented twice a week. Training sessions will be performed in combination with face-to-face and virtual for the intervention group. Control group: In the control group, a questionnaire will be completed (before the study). Participants in the control group will perform routine school activities.

Main outcome variables

Health-related lifestyle

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20220529055017N1**

Registration date: **2022-07-03, 1401/04/12**

Registration timing: **prospective**

Last update: **2022-07-03, 1401/04/12**

Update count: **0**

Registration date

2022-07-03, 1401/04/12

Registrant information

Name

Fahime Taghian

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 51 3859 1511

Email address

taghianf992@mums.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2022-09-23, 1401/07/01

Expected recruitment end date

2022-10-23, 1401/08/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of spiritual skills training on health-related lifestyle in female adolescents

Public title

The effect of spiritual skills training on health-related lifestyle in female adolescents

Purpose

Education/Guidance

Inclusion/Exclusion criteria**Inclusion criteria:**

Having written consent to participate in the study Do not participate in similar training programs Teenage girl in the age range of 13-15 years Does not have any mental or neurological diseases recorded in the health record

Exclusion criteria:

Having parents involved with drugs Being a child of divorce Having a known physical or mental problem Mourning first-degree relatives in the last 6 months

Age

From **13 years** old to **15 years** old

Gender

Female

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **60**

Randomization (investigator's opinion)

Randomized

Randomization description

First, the researcher, in coordination with the Department of Education, will select a region from among the 7 districts of Mashhad at random, a list of the first secondary schools for girls in the same district will be prepared, and then 4 schools from the normal public schools. It is selected randomly and estimated from each school according to the sample size and based on the inclusion criteria, 15 girls will be systematically selected randomly.

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 Mashhad School of Nursing and Midwifery

Street address

Mashhad School of Nursing and Midwifery, Ibn Sina Street

City

Mashhad

Province

Razavi Khorasan

Postal code

9137913199

Approval date

2022-05-29, 1401/03/08

Ethics committee reference number

IR.MUMS.NURSE.REC.1401.015

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

Healthy adolescent

ICD-10 code**ICD-10 code description****Primary outcomes****1****Description**

Health-related lifestyle

Timepoint

Before the intervention, immediately after the intervention, one month after the intervention

Method of measurement

Adolescent Health Lifestyle Questionnaire

Secondary outcomes

empty

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

Intervention group: Spiritual skills training based on the book of spiritual health of Razaqi et al. As well as the book of spiritual skills of Boalhari et al. Will be done in 8 sessions of 30 to 45 minutes and two sessions a week for the adolescents of the intervention group. In addition to the intervention, the adolescents in the intervention group benefit from religious and routine religious activities and occasions.

Category

Prevention

2**Description**

Control group: The control group will also complete a questionnaire (before the study). Participants in the control group will perform routine school activities such as holding religious meetings and regular parenting activities. The materials presented to the intervention group will be delivered to the control group at the end.

Category

Prevention

Recruitment centers

1

Recruitment center

Name of recruitment center

Girls' secondary schools

Full name of responsible person

Fahime Taghian

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Web page address

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Mashhad University of Medical Sciences

Full name of responsible person

Dr. Majid Ghayyur Mobarahan

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Doctoral Crossroads, Ibn Sina Street

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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

Mashhad 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

Mashhad University of Medical Sciences

Full name of responsible person

Fahime Taghian

Position

Masters student

Latest degree

Bachelor

Other areas of specialty/work

Nursery

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Person responsible for scientific inquiries

Contact

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Person responsible for updating data

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Other areas of specialty/work

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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