

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

14 Jun 2026

### Investigating the effect of spiritual intelligence training on the mental health of the elderly living in the nursing home centers of Shiraz

#### Protocol summary

##### Study aim

Determining the effect of spiritual intelligence training on mental health of the elderly

##### Design

This study is an intervention study with pre-test and post-test with a parallel control group. By random cluster sampling, two centers are selected from all the elderly care centers. One center will be the test group and the other will be the control group. The relevant training is done for the intervention group.

##### Settings and conduct

This research is carried out in nursing homes for the elderly in Shiraz. A pre-test is taken from the two groups in the form of a mental health questionnaire, then the experimental group is trained as a group. The duration of each training session is one hour and two sessions are held weekly. Two weeks after the end of the educational intervention, a post-test will be taken from the experimental and control groups.

##### Participants/Inclusion and exclusion criteria

Entry criteria: Having at least 60 years old and older; Having at least secondary education; Exit criteria: Having severe psychiatric disorders; Having brain lesions and retarded people; Concurrently receiving another psychological intervention; decided to leave the study.

##### Intervention groups

Spiritual intelligence training, a total of seven training sessions are done for the experimental group. Educational materials in the form of audio files and pamphlets will be provided to the control group at the end of data collection.

##### Main outcome variables

Sensitivity in mutual relationships, physical complaints, obsessive compulsive disorder, depression, anxiety, aggressiveness, morbid fear, paranoid thoughts, psychosis and mental health in general.

#### General information

##### Reason for update

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT20100717004399N2**

Registration date: **2023-06-29, 1402/04/08**

Registration timing: **registered\_while\_recruiting**

Last update: **2023-06-29, 1402/04/08**

Update count: **0**

##### Registration date

2023-06-29, 1402/04/08

##### Registrant information

##### Name

Nasrin Sharifi

##### Name of organization / entity

Shiraz university of medical science

##### Country

Iran (Islamic Republic of)

##### Phone

+98 71 1647 4254

##### Email address

sharifin@sums.ac.ir

##### Recruitment status

**Recruitment complete**

##### Funding source

##### Expected recruitment start date

2023-06-15, 1402/03/25

##### Expected recruitment end date

2023-07-01, 1402/04/10

##### Actual recruitment start date

empty

##### Actual recruitment end date

empty

##### Trial completion date

empty

## Scientific title

Investigating the effect of spiritual intelligence training on the mental health of the elderly living in the nursing home centers of Shiraz

## Public title

Investigating the effect of spiritual intelligence training on the mental health of the elderly

## Purpose

Prevention

## Inclusion/Exclusion criteria

### Inclusion criteria:

People who are at least 60 years old and older Having at least a high school education Full consent to participate in the research based on the research participation certificate form

### Exclusion criteria:

Having severe psychiatric disorders according to the primary diagnosis of a psychiatrist and the diagnosis of a clinical psychologist Patients with brain lesions and retarded Receiving another psychological intervention at the same time Decided to leave the group

## Age

From **60 years** old

## Gender

Both

## Phase

N/A

## Groups that have been masked

*No information*

## Sample size

Target sample size: **60**

## Randomization (investigator's opinion)

Randomized

## Randomization description

Sampling will be in the form of random clusters. Clusters are care centers for the elderly. Two centers are randomly selected from among all centers. In the next stage, one of these two centers will be selected by lottery as the intervention group and the other will be the control group.

## Blinding (investigator's opinion)

Not blinded

## Blinding description

## Placebo

Not used

## Assignment

Parallel

## Other design features

In this study, one of the clusters, which are the centers, will be the intervention group and the other will be the control group. A total of 60 people.

## Secondary Ids

empty

## Ethics committees

### 1

#### Ethics committee

## Name of ethics committee

Faculties of nursing and midwifery, management and medical information, Shiraz University of Medical

## Street address

Zand Street, in front of Palestine Street, central building of Shiraz University of Medical Sciences

## City

shiraz

## Province

Fars

## Postal code

۷۱۳۴۸۱۴۳۳۶

## Approval date

2023-04-30, 1402/02/10

## Ethics committee reference number

IR.SUMS.NUMIMG.REC.1402.018

## Health conditions studied

### 1

#### Description of health condition studied

obsessive compulsive

#### ICD-10 code

F42

#### ICD-10 code description

Obsessive-compulsive disorder

### 2

#### Description of health condition studied

depression

#### ICD-10 code

F32

#### ICD-10 code description

Major depressive disorder, single episode

### 3

#### Description of health condition studied

anxiety

#### ICD-10 code

F41

#### ICD-10 code description

Other anxiety disorders

### 4

#### Description of health condition studied

aggression

#### ICD-10 code

#### ICD-10 code description

### 5

#### Description of health condition studied

phobia

#### ICD-10 code

F40

#### ICD-10 code description

Phobic anxiety disorders

## 6

### **Description of health condition studied**

Paranoid

### **ICD-10 code**

F60.0

### **ICD-10 code description**

Paranoid personality disorder

## 7

### **Description of health condition studied**

Schizophrenia

### **ICD-10 code**

F20

### **ICD-10 code description**

Schizophrenia

## **Primary outcomes**

### 1

#### **Description**

Mental health, in this research, mental health is the score obtained by the subjects from completing the mental health questionnaire (R-90-SCL).

#### **Timepoint**

At the beginning of the study (before the start of the intervention) and two weeks after the intervention.

#### **Method of measurement**

Mental Health Questionnaire (R-90-SCL)

### 2

#### **Description**

depression, In this research, depression is the score that the subjects get from completing the mental health questionnaire (R-90-SCL).

#### **Timepoint**

At the beginning of the study (before the start of the intervention) and two weeks after the intervention.

#### **Method of measurement**

Mental Health Questionnaire (R-90-SCL)

### 3

#### **Description**

Anxiety, in this research, anxiety refers to the score that subjects get from completing the mental health questionnaire (R-90-SCL).

#### **Timepoint**

At the beginning of the study (before the start of the intervention) and two weeks after the intervention.

#### **Method of measurement**

Mental Health Questionnaire (R-90-SCL)

### 4

#### **Description**

aggression, in this research, aggression refers to the score that subjects get from completing the mental health questionnaire (R-90-SCL).

#### **Timepoint**

At the beginning of the study (before the start of the intervention) and two weeks after the intervention.

#### **Method of measurement**

Mental Health Questionnaire (R-90-SCL)

### 5

#### **Description**

Paranoid thoughts, in this research, paranoid thoughts is the score that the subjects get from completing the mental health questionnaire (R-90-SCL).

#### **Timepoint**

At the beginning of the study (before the start of the intervention) and two weeks after the intervention.

#### **Method of measurement**

Mental Health Questionnaire (R-90-SCL)

### 6

#### **Description**

In this research, the meaning of sensitivity in mutual relations is the score that subjects get from completing the mental health questionnaire (R-90-SCL).

#### **Timepoint**

At the beginning of the study (before the start of the intervention) and two weeks after the intervention.

#### **Method of measurement**

Mental Health Questionnaire (R-90-SCL)

### 7

#### **Description**

Morbid fear: In this research, morbid fear is the score obtained by subjects from completing the mental health questionnaire (R-90-SCL).

#### **Timepoint**

At the beginning of the study (before the start of the intervention) and two weeks after the intervention.

#### **Method of measurement**

Mental Health Questionnaire (R-90-SCL)

### 8

#### **Description**

Psychosis, in this research, psychosis is the score obtained by subjects from completing the mental health questionnaire (R-90-SCL).

#### **Timepoint**

At the beginning of the study (before the start of the intervention) and two weeks after the intervention.

#### **Method of measurement**

Mental Health Questionnaire (R-90-SCL)

### 9

#### **Description**

Obsessive-compulsive disorder, in this research obsessive-compulsive disorder is the score that subjects get from completing the mental health questionnaire (R-90-SCL).

#### **Timepoint**

At the beginning of the study (before the start of the intervention) and two weeks after the intervention.

## Method of measurement

Mental Health Questionnaire (R-90-SCL)

## 10

### Description

Physical complaints In this research, physical complaints are the scores that subjects get from completing the mental health questionnaire (R-90-SCL).

### Timepoint

At the beginning of the study (before the start of the intervention) and two weeks after the intervention.

### Method of measurement

Mental Health Questionnaire (R-90-SCL)

## Secondary outcomes

empty

## Intervention groups

### 1

#### Description

Intervention group: Intervention group: The intervention group is trained as a group including seven sessions with topics such as: awareness, meaning-making, evaluation, focused existence, concept, visualization and mission. The duration of each training session is one hour and two sessions are held weekly.

#### Category

Lifestyle

### 2

#### Description

Control group: Control group: This group does not receive any intervention.

#### Category

Treatment - Other

## Recruitment centers

### 1

#### Recruitment center

##### Name of recruitment center

Shiraz Aging Centre

##### Full name of responsible person

Zahra Bahadori

##### Street address

Alley next to Iran Gas Warehouse, Parsian Blvd., Rokn Abad Town

##### City

شیراز

##### Province

Fars

##### Postal code

71342476855

##### Phone

+98 71 3242 4074

##### Email

sharifin@gmail.com

### 2

#### Recruitment center

##### Name of recruitment center

Zagros nursing home

##### Full name of responsible person

Amin Salehi

##### Street address

No.134, 9 Alley, next to Alavi Park, Tachara, Shiraz

##### City

Shiraz

##### Province

Fars

##### Postal code

7134557436

##### Phone

+98 71 3625 5909

##### Email

salmandan.zagros@yahoo.com

## Sponsors / Funding sources

### 1

#### Sponsor

##### Name of organization / entity

Shiraz University of Medical Sciences

##### Full name of responsible person

Mohammad Hashem Hashem Pour

##### Street address

Zand Street - next to Red Crescent - central building of Shiraz University of Medical Sciences - 7th floor

##### City

Shiraz

##### Province

Fars

##### Postal code

۷۱۳۴۸۱۴۳۳۶

##### Phone

+98 71 3235 7282

##### Email

vcrdep@sums.ac.ir

#### Grant name

#### Grant code / Reference number

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

Yes

#### Title of funding source

Shiraz 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**

Shiraz University of Medical Sciences

**Full name of responsible person**

Nasrin Sharifi

**Position**

Assistant Professor

**Latest degree**

Ph.D.

**Other areas of specialty/work**

Epidemiology

**Street address**

School of nursing and midwifery; Namazi square;  
Shiraz

**City**

Shiraz

**Province**

Fars

**Postal code**

71936-13119

**Phone**

+98 71 1647 4254

**Fax**

+98 71 1647 4252

**Email**

sharifin@sums.ac.ir

## Person responsible for scientific inquiries

### Contact

**Name of organization / entity**

Shiraz University of Medical Sciences

**Full name of responsible person**

Nasrin Sharifi

**Position**

Assistant Professor

**Latest degree**

Ph.D.

**Other areas of specialty/work**

Epidemiology

**Street address**

Faculty of Nursing and Midwifery; Namazi Square;  
Shiraz -

**City**

Shiraz

**Province**

Fars

**Postal code**

71936-13119

**Phone**

0098 71 36474254-8

**Email**

sharifin@sums.ac.ir

## Person responsible for updating data

### Contact

**Name of organization / entity**

Shiraz University of Medical Sciences

**Full name of responsible person**

Nasrin Sharifi

**Position**

Associate professor

**Latest degree**

Ph.D.

**Other areas of specialty/work**

Epidemiology

**Street address**

Faculty of Nursing and Midwifery; Namazi Square;  
Shiraz

**City**

Shiraz

**Province**

Fars

**Postal code**

7193613119

**Phone**

+98 71364742548

**Email**

sharifin@sums.ac.ir

## Sharing plan

**Deidentified Individual Participant Data Set (IPD)**

Yes - There is 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**

No - There is not 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**

Yes - There is a plan to make this available

**Analytic Code**

No - There is not a plan to make this available

**Data Dictionary**

Undecided - It is not yet known if there will be a plan to make this available

**Title and more details about the data/document**

Only part of the data related to the main outcome can be shared.

**When the data will become available and for how long**

The start of the access period will be up to 6 months after the publication of the results.

**To whom data/document is available**

All interested researchers.

**Under which criteria data/document could be used**

Using the data to write an article is not allowed.

**From where data/document is obtainable**

In the published article, the necessary information to contact the research team will be given.

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

Contact the responsible person and mention the reason for requesting information. The time to send the data will be between 4 and 6 weeks depending on the requested items.

**Comments**

