

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

13 Jun 2026

### Evaluation the effect of spiritual care on the level of death anxiety of the elderly

#### Protocol summary

##### Study aim

Determining the effect of spiritual care on the level of death anxiety of the elderly

##### Design

The type of study is a clinical trial with parallel groups. The studied groups include 33 elderly residents of Mader Sabzevar Nursing Home (as control group) and 33 elderly members of day care centers for the elderly in Shahranshabur (as intervention group) who are selected through simple random sampling.

##### Settings and conduct

The place of the study is Mehr Parandis Day Care Center for the Elderly (Farzangan Foundation), Nishaboro County, Sabzevaranjam County Nursing Home. Spiritual care based on the intervention method of Richards and Bergin with an Islamic and indigenous approach will be conducted by researchers in 8 sessions of 45 to 60 minutes for the elderly in the intervention group. There is no blinding condition.

##### Participants/Inclusion and exclusion criteria

Inclusion criteria: age over 60 years; ability to communicate visually and verbally; ability to speak Persian; not simultaneously participating in research related to the research topic; experience of at least 6 months in the center; obtaining a score above 8 Templer Death Anxiety Questionnaire Criteria for not entering: not believing in Islam; suffering from mental disorders according to the medical record of the elderly; experiencing a stressful event in the last three months (such as losing a spouse or other loved ones)

##### Intervention groups

Spiritual care based on the intervention method of Richards and Bergin with an Islamic and localized approach will be carried out during 8 sessions of 45 to 60 minutes for the elderly in the intervention group. The control group received usual care. Immediately after the completion of the intervention phase and one month after the intervention, the death anxiety questionnaire will be filled by the control and intervention groups

#### Main outcome variables

Elderly death anxiety

#### General information

##### Reason for update

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT20231115060060N1**

Registration date: **2023-12-05, 1402/09/14**

Registration timing: **prospective**

Last update: **2023-12-05, 1402/09/14**

Update count: **0**

##### Registration date

2023-12-05, 1402/09/14

##### Registrant information

##### Name

Robabe Bozhmehrani

##### Name of organization / entity

##### Country

Iran (Islamic Republic of)

##### Phone

+98 51 4261 4640

##### Email address

bozhmehraniro1@medsab.ac.ir

##### Recruitment status

**Recruitment complete**

##### Funding source

##### Expected recruitment start date

2023-12-23, 1402/10/02

##### Expected recruitment end date

2024-02-08, 1402/11/19

##### Actual recruitment start date

empty

##### Actual recruitment end date

empty

**Trial completion date**

empty

**Scientific title**

Evaluation the effect of spiritual care on the level of death anxiety of the elderly

**Public title**

Evaluation the effect of spiritual care on the level of death anxiety of the elderly

**Purpose**

Education/Guidance

**Inclusion/Exclusion criteria****Inclusion criteria:**

Informed and written consent to participate in the study  
Age over 60 years Ability to communicate visually and verbally Ability to speak Persian Experience of at least 6 months in the centers Obtaining a score above 8 on the Templar death anxiety questionnaire

**Exclusion criteria:**

Lack of belief in Islam Suffering from mental disorders according to the medical record of the elderly Experiencing a stressful event in the last three months (such as losing a spouse or other loved ones)

**Age**

From **60 years** old

**Gender**

Both

**Phase**

N/A

**Groups that have been masked**

*No information*

**Sample size**

Target sample size: **66**

**Randomization (investigator's opinion)**

Randomized

**Randomization description**

In the elderly of Mehr Parndis Center, 33 people who have death anxiety above 8 and meet the other inclusion criteria are selected as the intervention group by a simple random sampling method, and in the elderly of Mother Nursing Home, 33 people who have death anxiety above 8 and other inclusion criteria are selected as the intervention group. are selected as the control group through simple random sampling. If the number of samples is more than the desired number, the names of all the elderly are placed in similar envelopes and sealed, and 33 envelopes are randomly selected from among the envelopes, and if the number of samples is the same as the desired number of samples, a census is performed. In this study, there is no blinding condition.

**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 Committee of Sabzevar University of Medical Sciences

**Street address**

No. 7, 14 Maalem Alley, Maalem Blvd

**City**

Neyshabour

**Province**

Razavi Khorasan

**Postal code**

9318783593

**Approval date**

2023-11-14, 1402/08/23

**Ethics committee reference number**

IR.MEDSAB.REC.1402.077

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

Elderly death anxiety

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

Death anxiety score in Templer questionnaire

**Timepoint**

At the beginning of the study (before the start of the intervention), immediately after the end of the intervention, one month after the end of the intervention

**Method of measurement**

Templer Death Anxiety Questionnaire

**Secondary outcomes**

empty

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

Intervention group: In this research, spiritual care based on the intervention method of Richards and Bergin with an Islamic and indigenous approach will be carried out during 8 sessions of 45 to 60 minutes for the elderly in the intervention group, by the researcher and with the cooperation and supervision of a senior expert in Quran

and Hadith sciences. Before starting the intervention, the researcher will receive the necessary training from a senior expert in Quran and Hadith sciences. The contents of the sessions and their content are adjusted based on similar studies and the opinions of 3 expert professors in this field, which are as follows: First session: getting to know the participants and the therapist. The second session: explaining the meaning of spirituality and the meaning of life and suffering. The third session: Using some verses of the Qur'an in facing problems and gaining peace. The fourth session: Discussion about prayer with emphasis on the prayer of 50 books of Sajjadiyyah. The fifth session: Explaining the concept of patience and the effects of patience and expressing patterns based on religious personalities. The sixth session: The effect of gratitude and religious remembrances. Eighth session: Participation in spiritual and religious programs

**Category**

Lifestyle

**2****Description**

Control group: They do not receive any intervention and routine care is performed.

**Category**

N/A

**Recruitment centers****1****Recruitment center****Name of recruitment center**

Mehr Parandis Day care center for the elderly (Farzangan Foundation) in Neishabur city

**Full name of responsible person**

Alireza Talai

**Street address**

4 Shariati Alley, Shariati Street

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nargsmarlwy@gmail.com

**Sponsors / Funding sources****1****Sponsor****Name of organization / entity**

Sabzevar University of Medical Sciences

**Full name of responsible person**

Kazem Hassanpour

**Street address**

Research and Technology Vice-Chancellor, University of Medical Sciences Campus, Above the Memorial of the Unknown Martyrs, Nuclear Martyrs Blvd.

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vc.Research@medsab.ac.ir

**Grant name****Grant code / Reference number****Is the source of funding the same sponsor organization/entity?**

Yes

**Title of funding source**

Sabzevar 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**

Sabzevar University of Medical Sciences

**Full name of responsible person**

Mostafa Rad

**Position**

Associate Professor

**Latest degree**

Ph.D.

**Other areas of specialty/work**

Nursery

**Street address**

Vice Chancellor of Education, University of Medical Sciences campus building, Tawheed Shahr Blvd

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**Person responsible for scientific**

## **inquiries**

### **Contact**

**Name of organization / entity**

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**Full name of responsible person**

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**Position**

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**Latest degree**

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**Other areas of specialty/work**

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## **Person responsible for updating data**

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### **Email**

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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