Clinical Trial Protocol
Iranian Registry of Clinical Trials

08 Nov 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 Shahranishabur (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

City

Neyshabour

Province

Razavi Khorasan

Postal code

9313776147

Phone

+98 51 4334 6330

Email

nargsmarlwyy@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.

City

Sabzevar

Province

Razavi Khorasan

Postal code

9617913112

Phone

+98 51 4401 8101

Email

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

City

Sabzevar

Province

Razavi Khorasan

Postal code

9613873136

Phone

009851144018314

Email

Mostafarad633@yahoo.com

Person responsible for scientific

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

City
Sabzevar

Province
Razavi Khorasan

Postal code
9613873136

Phone
009851144018314

Email
Mostafarad633@yahoo.com

Person responsible for updating data

Contact

Name of organization / entity
Sabzevar University of Medical Sciences

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Mostafarad633@yahoo.com

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