Clinical Trial Protocol
Iranian Registry of Clinical Trials

09 Nov 2026

The effectiveness of existential therapy on pathological worry and death anxiety of nurses who experienced sorrow due to the covid-19 pandemic

Protocol summary

Study aim
The present study was conducted with the aim of the effectiveness of existential therapy on pathological worry and death anxiety of nurses who experienced sorrow due to the covid-19 pandemic.

Design
Using the purposive sampling method, 40 nurses who had obtained higher scores in the Penn State's Pathological Worry (PSWQ) and Templer's Death Anxiety (DAQ) were selected and randomly divided into two experimental and control groups (each 20 people).

Settings and conduct
Hospitals involved in Corona in Qom city

Participants/Inclusion and exclusion criteria
Nurses who experienced the covid pandemic.

Intervention groups
Control and experimental The experimental group (existential therapy) and the control group (no intervention) were included.

Main outcome variables
pathological worry and death anxiety

General information

Reason for update

Acronym

IRCT registration information
IRCT registration number: **IRCT20240217061040N1**
Registration date: **2024-02-29, 1402/12/10**
Registration timing: **retrospective**

Last update: **2024-02-29, 1402/12/10**
Update count: **0**

Registration date
2024-02-29, 1402/12/10

Registrant information

Name
reza kazemi

Name of organization / entity

Country
Iran (Islamic Republic of)

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+98 45 3324 0374

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Recruitment status
Recruitment complete

Funding source

Expected recruitment start date
2022-12-22, 1401/10/01

Expected recruitment end date
2023-11-26, 1402/09/05

Actual recruitment start date
2023-12-09, 1402/09/18

Actual recruitment end date
2024-01-09, 1402/10/19

Trial completion date
2024-03-10, 1402/12/20

Scientific title
The effectiveness of existential therapy on pathological worry and death anxiety of nurses who experienced sorrow due to the covid-19 pandemic

Public title
The effectiveness of existential therapy on pathological worry and death anxiety

Purpose
Education/Guidance

Inclusion/Exclusion criteria
Inclusion criteria:
being a nurse nurses who experienced sorrow due to the covid-19 pandemic
Exclusion criteria:
Nurses who were under another study Nurses who were involved in personal illness Nurses who themselves had corona

Age
From **22 years** old to **47 years** old
Gender
Both

Phase
N/A
Groups that have been masked
No information
Sample size
Target sample size: **40**
Actual sample size reached: **40**
Randomization (investigator's opinion)
Randomized
Randomization description
In this research, the statistical population consisted of all nurses who experienced sorrow due to Covid-19 in Qom city, and through purposive sampling, after completing questionnaires related to pathological worry and death anxiety and according to the inclusion criteria, 40 nurses who had higher scores in pathological worry and death anxiety were selected and placed in two experimental groups (existential therapy) and control group (no intervention) by simple random method. (In such a way that each person was assigned a code after completing the questionnaires, the codes obtained through lottery were selected until the number of sample people was complete and the sample people were identified according to the previously prepared list).
Blinding (investigator's opinion)
Not blinded
Blinding description
Placebo
Not used
Assignment
Other
Other design features
The experimental group experienced 10 sessions of 90 minutes of existential therapy.

Secondary Ids

empty

Ethics committees

1

Ethics committee
Name of ethics committee
Ethics committee of Azad University of Ardabil
Street address
University street
City
Ardabil
Province
Ardabil
Postal code
561573156
Approval date
2022-12-20, 1401/09/29
Ethics committee reference number
IR.IAU.ARDABIL.REC.1401.127

Health conditions studied

1

Description of health condition studied
F00-F98: behavioral and mental disorders (anxiety, distress)
ICD-10 code
ICD-10 code description

2

Description of health condition studied
Z00-Z99: Factors affecting health and contact with healthcare services
ICD-10 code
ICD-10 code description

3

Description of health condition studied
V62/82/Z63/4: The experience of grief
ICD-10 code
ICD-10 code description

Primary outcomes

1

Description
The pathological worry
Timepoint
Two weeks after the Corona
Method of measurement
Penn State's Pathological Worry (PSWQ)

Secondary outcomes

1

Description
The death anxiety
Timepoint
Two weeks after Corona
Method of measurement
Templer's Death Anxiety Questionnaire

Intervention groups

1

Description
Intervention group: experienced 10 sessions of 90 minutes of existential therapy.
Category
Rehabilitation

2

Description
Control group:There was no intervention.
Category

Rehabilitation

Recruitment centers

1

Recruitment center

Name of recruitment center
Shahid Beheshti Hospital

Full name of responsible person
Mahmoud Parham

Street address
Qom, Shahid Beheshti Boulevard, Azadegan Square, Shahid Beheshti Hospital

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Iranian academic center for education culture and research

Full name of responsible person
Reza Kazemi

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Ardabil, Basij Square, Islamic Azad University Complex, Ardabil Branch

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Grant name

Grant code / Reference number

Is the source of funding the same sponsor organization/entity?
No

Title of funding source
We had no financial resources

Proportion provided by this source
1

Public or private sector
Private

Domestic or foreign origin
Domestic

Category of foreign source of funding
empty

Country of origin

Type of organization providing the funding
Persons

Person responsible for general inquiries

Contact

Name of organization / entity
Iranian academic center for education culture and research

Full name of responsible person
Reza Kazemi

Position
Assistant Professor

Latest degree
Ph.D.

Other areas of specialty/work
Psychology

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Sharing plan

Deidentified Individual Participant Data Set (IPD)
Yes - There is a plan to make this available

Study Protocol
Yes - There is 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
Yes - There is a plan to make this available

Clinical Study Report
Yes - There is 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
No - There is not a plan to make this available

Title and more details about the data/document
The general result of the research was provided to the hospital.

When the data will become available and for how long
After research

To whom data/document is available
Hospital nurses and medical staff

Under which criteria data/document could be used
To improve the situation and to be aware of the research results

From where data/document is obtainable
Corresponding author: Dr. Reza Kazemi

What processes are involved for a request to access data/document
A request to the email below is enough: Rezak.kazemi@gmail.com

Comments