Clinical Trial Protocol
Iranian Registry of Clinical Trials

09 Nov 2026

Effect of Logotherapy Based on Rumi’s Thoughts on Symptoms of Anxiety and Depression in Nurses

Protocol summary

Study aim
This study aims to investigate the effect of culture-based intervention in the care of nurses on improving their mental health.

Design
The present study will be an open trial study. The current study is quasi-experimental with a two-group pre-test and post-test design. This is a single-blinded trial with a parallel-group design. The sample size was calculated based on a previous study. The sample size was determined by considering 20% dropouts 48 people in each group and a total of 96 people.

Settings and conduct
First, interested nurses will be invited by announcement in two hospitals. After obtaining informed consent, the pre-test will be performed. After 5 sessions of LBRT (two sessions a week), the post-test will be taken from them immediately. The control group doesn't receive any intervention. Considering that the effectiveness of LBRT intervention on nurses' anxiety and depression has been confirmed in a previous study, in the present study, the effectiveness of this protocol on nurses' anxiety and depression is to be tested in a larger sample size and a more realistic and less laboratory environment in the form of an open trial.

Participants/Inclusion and exclusion criteria
Inclusion criteria: nurse samples from hospitals Exclusion criteria: 1- Those who have severe psychological disorders and suicidal thoughts 2- Those who have recently received psychological interventions 3- Those who are absent for more than one meeting

Intervention groups
We have two intervention groups: 1- Logotherapy Based on Rumi's Thoughts consists of 8 sessions: Sense of source, Self-control in the path of change, Acceptance, Assimilation of suffering and making meaning, Dhikr and meditation (mindfulness), Death anxiety and making meaning, Patience in suffering, and Gratitude. 2- Control group: The control group doesn't receive any intervention

Main outcome variables
anxiety, depression

General information

Reason for update

Acronym

IRCT registration information
IRCT registration number: **IRCT20091220002898N15**
Registration date: **2024-04-09, 1403/01/21**
Registration timing: **registered_while_recruiting**

Last update: **2024-04-09, 1403/01/21**
Update count: **0**

Registration date
2024-04-09, 1403/01/21

Registrant information

Name
Seyed Hamzeh Hosseini

Name of organization / entity

Country
Iran (Islamic Republic of)

Phone
+98 11 3337 3844

Email address
shhosseini@mazums.ac.ir

Recruitment status
Recruitment complete

Funding source

Expected recruitment start date
2024-04-04, 1403/01/16

Expected recruitment end date
2024-05-04, 1403/02/15

Actual recruitment start date
empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effect of Logotherapy Based on Rumi’s Thoughts on Symptoms of Anxiety and Depression in Nurses

Public title

Effect of Logotherapy Based on Rumi’s Thoughts on Symptoms of Anxiety and Depression

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria:

nurse samples from hospitals

Exclusion criteria:

Those who have severe psychological disorders and suicidal thoughts Those who have recently received psychological interventions Those who are absent for more than one meeting

Age

No age limit

Gender

Both

Phase

N/A

Groups that have been masked

- Data analyser

Sample size

Target sample size: **96**

Randomization (investigator's opinion)

Not randomized

Randomization description

Blinding (investigator's opinion)

Single blinded

Blinding description

The person analyzing the data is outside the treatment group and doesn't know the type of intervention.

Placebo

Not used

Assignment

Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Mazandaran university of medical sciences

Street address

Moalem square

City

Sari

Province

Mazandaran

Postal code

4815733971

Approval date

2024-03-18, 1402/12/28

Ethics committee reference number

IR.MAZUMS.IMAMHOSPITAL.REC.1402.20350

Health conditions studied

1

Description of health condition studied

Anxiety, Depression

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description

Anxiety

Timepoint

Before and after the intervention

Method of measurement

The Depression, Anxiety and Stress Scale - 21 Items (DASS-21)

2

Description

Depression

Timepoint

Before and after the intervention

Method of measurement

The Depression, Anxiety and Stress Scale - 21 Items (DASS-21)

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: LBRT included: Sense of source, Self-control in the path of change, Acceptance, Assimilation of suffering and making meaning, Dhikr and meditation (mindfulness), Death anxiety and making meaning, Patience and tolerance in suffering, Gratitude. It was presented in five sessions of 90 minutes.

Category

Treatment - Other

2

Description

Control group: They will not receive any intervention

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center
Imam hospital
Full name of responsible person
Hamzeh Hosseini
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Razi street
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Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Mazandaran University of Medical Sciences
Full name of responsible person
Dr Ahmad ALI Enayati
Street address
Deputy of research and technology of Mazandaran university of medical sciences
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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
Mazandaran 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
Mazandaran University of Medical Sciences
Full name of responsible person
Seyed Hamzeh Hosseini
Position
Professor
Latest degree
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Person responsible for scientific inquiries

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Person responsible for updating data

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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
Yes - There is a plan to make this available

Informed Consent Form
No - There is not 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
No - There is not a plan to make this available

Title and more details about the data/document
There is no further information

When the data will become available and for how long
There is no further information

To whom data/document is available
all researchers

Under which criteria data/document could be used
There is no further information

From where data/document is obtainable
There is no further information

What processes are involved for a request to access data/document
There is no further information

Comments