Clinical Trial Protocol
Iranian Registry of Clinical Trials

08 Nov 2026

The effect of Pranayama exercise on Emotional Intelligence and Spiritual Intelligence of Nursing Students

Protocol summary

Study aim
Determining the effect of Pranayama exercise on Emotional Intelligence and Spiritual Intelligence of Nursing Students of Kerman University of Medical Science.

Design
This study is a clinical trial with two control and intervention groups, unblinded and randomized with 82 participants in each group. Randomization in this study is simple.

Settings and conduct
The intervention group performs the Pranayama breathing technique for 15 minutes daily for 20 days. During this period, no intervention is performed in the control group. Razi Kerman College of Nursing and Midwifery constitutes the research environment.

Participants/Inclusion and exclusion criteria
Inclusion criteria: 1. undergraduate nursing student 2. absence of chronic diseases based on self-report 3. Not participating in the pranayama breathing techniques training course

Intervention groups
Intervention group: performing Pranayama breathing technique Control group: no intervention is performed in the control group.

Main outcome variables
Pranayama, Emotional Intelligence, Spiritual Intelligence

General information

Reason for update
Acronym
IRCT registration information
IRCT registration number: **IRCT20240406061425N1**
Registration date: **2024-06-29, 1403/04/09**
Registration timing: **registered_while_recruiting**

Last update: **2024-06-29, 1403/04/09**
Update count: **0**

Registration date
2024-06-29, 1403/04/09

Registrant information
Name
Lida Abazari
Name of organization / entity
Country
Iran (Islamic Republic of)
Phone
+98 34 3222 5723
Email address
l.abazary1380@gmail.com

Recruitment status
Recruitment complete
Funding source

Expected recruitment start date
2024-06-03, 1403/03/14
Expected recruitment end date
2024-10-05, 1403/07/14
Actual recruitment start date
empty
Actual recruitment end date
empty
Trial completion date
empty

Scientific title
The effect of Pranayama exercise on Emotional Intelligence and Spiritual Intelligence of Nursing Students

Public title
The effect of Pranayama exercise on Emotional Intelligence and Spiritual Intelligence of Nursing Students
Purpose
Other
Inclusion/Exclusion criteria
Inclusion criteria:
Undergraduate nursing student Absence of chronic

diseases based on self-report Not participating in the pranayama breathing techniques training course

Exclusion criteria:

Having debilitating diseases Reluctance to cooperate People with mental disorders

Age

No age limit

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **82**

Randomization (investigator's opinion)

Randomized

Randomization description

The randomization method in this study, due to the known number of students and their demographic information, will be simple (lottery-based). In this method, students are randomly selected from a list of names that are numbered and prepared for this purpose. The researcher assigns a unique number to each student. The researcher writes down the number of each student on a small piece of paper. Then, the papers are placed into a bag or container and shuffled. Subsequently, the papers are drawn one by one, the numbers are recorded, and this process continues until the sample size is reached. The researcher also selects the control and intervention groups using this probabilistic method.

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

Ethics Committee of Kerman University of Medical Sciences

Street address

Kerman University of Medical Sciences,Medical University Campus,Haft-Bagh Highway, Kerman, Iran

City

Kerman

Province

Kerman

Postal code

7616913555

Approval date

2024-03-09, 1402/12/19

Ethics committee reference number

IR.KMU.REC.1402.475

Health conditions studied

1

Description of health condition studied

Pranayama

ICD-10 code

ICD-10 code description

2

Description of health condition studied

Spiritual Intelligence

ICD-10 code

ICD-10 code description

3

Description of health condition studied

Emotional Intelligence

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description

Emotional Intelligence

Timepoint

Emotional Intelligence is measured before the intervention and 20 days after the start of the study (end of the intervention).

Method of measurement

Schering’s Emotional Intelligence Questionnaire

2

Description

Spiritual Intelligence

Timepoint

Spiritual Intelligence is measured before the intervention and 20 days after the start of the study (end of the intervention).

Method of measurement

King’s Spiritual Intelligence Questionnaire

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: Pranayama breathing technique is

taught to the intervention group. The pranayama steps are as follows: 1- Keeping the spine straight and stretched and being in the meditation position (arms in an extended position and placing the hands on the knees so the palms are facing up). 2- Slowly closing the eyes and paying attention to the flow of natural breathing at the beginning of the work, then taking a deep breath, with a deep and slow exhalation, the air entering the lungs is released with the mouth open (the exhalation should be done so that the airflow is slowly to be directed out from the back of the throat with the sound of "ha". Participants are asked to do this breathing technique for 15 minutes daily for 20 days.

Category

Other

2

Description

Control group: During the study, no intervention is performed in the control group.

Category

Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Razi Faculty of Nursing and Midwifery, Kerman University of Medical Sciences

Full name of responsible person

Neda Asadi

Street address

Razi Nursing and Midwifery School, Medical Sciences Campus, Haft baghe alavi Road, Kerman

City

Kerman

Province

Kerman

Postal code

7616913555

Phone

+98 913 193 7824

Email

nedaasadi87.nax@gmail.com

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Vice Chancellor of Research and Technology Kerman University of Medical Sciences

Full name of responsible person

DR Abedin Iranpour

Street address

No 2, Research and Technology Dept., Ibnsina Ave., Kerman

City

Kerman

Province

Kerman

Postal code

7616913555

Phone

+98 34 3226 3855

Email

iranpourabedin89@gmail.com

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Vice Chancellor of Research and Technology Kerman 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

Kerman University of Medical Sciences

Full name of responsible person

Neda Asadi

Position

Assistant Professor

Latest degree

Ph.D.

Other areas of specialty/work

Nursery

Street address

Kerman University of Medical Sciences, Medical University Campus, Haft-Bagh-Alavi Highway, Kerman

City

Kerman

Province

Kerman

Postal code

7616913555

Phone

+98 913 193 7824

Email

nedaasadi87.nax@gmail.com

Person responsible for scientific inquiries

Contact

Name of organization / entity

Kerman University of Medical Sciences

Full name of responsible person
Neda Asadi
Position
Assistant Professor
Latest degree
Ph.D.
Other areas of specialty/work
Nursery
Street address
Kerman University of Medical Sciences, Medical University Campus, Haft-Bagh-Alavi Highway, Kerman
City
Kerman
Province
Kerman
Postal code
7616913555
Phone
+98 913 169 0141
Email
nedaasadi87.nax@gmail.com

Person responsible for updating data

Contact
Name of organization / entity
Kerman University of Medical Sciences
Full name of responsible person
Neda Asadi
Position
Assistant Professor
Latest degree
Ph.D.
Other areas of specialty/work
Nursery
Street address
Kerman University of Medical Sciences, Medical University Campus, Haft-Bagh-Alavi Highway, Kerman
City
Kerman
Province
Kerman
Postal code
7616913555
Phone
+98 913 193 7824
Email
nedaasadi87.nax@gmail.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