

Clinical Trial Protocol

Iranian Registry of Clinical Trials

31 Jul 2026

Looking at infertility treatment through the lens of spirituality: the impact of spiritual group psychotherapy on infertile women

Protocol summary

Summary

Abstract: Women in particular suffer from the psychological stress that can be caused by infertility. Psychosocial interventions are known to not only prevent and lessen various mental problems, but also to play a positive role in physical health and a rate of pregnancy. The aim of this study is the unique impact of spiritual psychotherapy on infertile worry and Perceived Stress of them as a psychological stress. **Method:** The research method of this project is experiment study (Randomized clinical trial) From 800 infertile women who referring to gynecological clinics of Jahrom University of Medical Sciences. Sampling are from women who have inclusion criteria to our study. All of the participants who have primary infertility history, no somatic and psychiatric problem, Jahrom residents, between 20-40 years of age, have a private mobile, ability to reading massage and interest to participate in regular group meetings will select to research. Estimate 80 infertile women. Participants in experiment group receive spiritual group psychotherapy in 12 session weekly. All participants will receive positive meaningful massage in some of session, also brief content of session will send to participants in two end of session to achieve maximum performance. **Materials of sessions:** - Identify goals and rules of meeting, familiarity of member with each other and the expression the meaning of life -Understanding their characteristics and capabilities of anxiety related factors and finding all of strategies to expose it. -Identifying assisted reproductive therapy and provide information about all types of treatment. -Necessary to maintain one's personal identity and how to interact with others as a way to find the meaning of love -How to establish good relations with families and using different approaches to Consolidation families. So that, Search for meaning in life through strengthening family ties. -The meaning of suffering, find the hidden meaning of the infertility problem from emphasize the philosophy of life and marriage. Recognizing the value of creative: -Create

the kind of work and service to others who can give life meaning (Helping charities - organ donation). - Understanding the empirical values: The meaning of life and its value in addressing the nature, deepening of life through interaction with nature, pursuing art. Trend values: Talk about situations where people have no power to deal with it and be forced to accept it. (Living without child). Data gathering were from Penn State Worry Questionnaire (PSWQ) and perceive stress test, using descriptive and analytic statistics in SPSS 16 software. In this research independent variable is cognitive spiritual therapy and dependent variable is infertile worry and perceive stress. **Key word:** Spiritual group psychotherapy; Psychological Distress; mental health ; & Infertile women.

General information

Acronym

spirituality

IRCT registration information

IRCT registration number: **IRCT201108237407N1**

Registration date: **2011-09-14, 1390/06/23**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2011-09-14, 1390/06/23

Registrant information

Name

Leili Mosalanejad

Name of organization / entity

Jahrom University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 79 1334 1131

Email address

Recruitment status

Recruitment complete

Funding source

Jahrom University of Medical Sciences

Expected recruitment start date

2011-04-04, 1390/01/15

Expected recruitment end date

2011-07-06, 1390/04/15

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Looking at infertility treatment through the lens of spirituality:the impact of spiritual group psychotherapy on infertile women

Public title

Spritual Group Psychotherapy

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria: the participants who had primary infertility history; Jahrom residents; age between 20-40 years; have a privet mobile line; ability to reading massage; no somatic and psychiatric diseases and interested to participate in regular group Exclusion criteria: somatic and psychiatric problem

Age

From **20 years** old to **40 years** old

Gender

Female

Phase

1-2

Groups that have been masked

No information

Sample size

Target sample size: **65**

Randomization (investigator's opinion)

Randomized

Randomization description

Blinding (investigator's opinion)

Single blinded

Blinding description

Placebo

Not used

Assignment

Parallel

Other design features

Randomise clinical trial on infertility

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethical Committe of Jahrom University of Medical Sciences

Street address

Motahari Street- Jahrom University of Medical Sciences - Jahrom - Fars- Iran -Jahrom-Fars-Iran

City

Jahrom

Postal code

74148

Approval date

2011-03-11, 1389/12/20

Ethics committee reference number

6961/د/آ

Health conditions studied

1

Description of health condition studied

Infertility

ICD-10 code

N97

ICD-10 code description

Female Infertility

Primary outcomes

1

Description

The impact of spritual group psychotherapy on worry and precived stress of of infertile women

Timepoint

Baselind and Three mouths after

Method of measurement

Questionnaire and observation

Secondary outcomes

1

Description

The impact of spriyual pasychotherapy on rate of pregnancy

Timepoint

Baseline and 6 mouths after

Method of measurement

Medical documents

Intervention groups

1

Description

spritual group psychotherapy in experiment group

Category

Treatment - Other

2**Description**

control group: no any intervention

Category

N/A

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

Gynechology and Maternity clinic related to Jahrom University of Medical Sciences

Full name of responsible person

Leili Mosalanejad

Street address

Motahari Street- Jahrom University of Medical Sciences-Jahrom- Fars- Iran

City

Jahrom

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

Jahrom University of Medical Sciences

Full name of responsible person

Dr Kavous Solhjo

Street address

-Main Campus-Jahrom University of Medical Sciences- Motahari Boulevard- Jahrom- Fars- Iran

City

Jahrom

Grant name

طرح های مصوب دانشگاه علوم پزشکی جهرم

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

Yes

Title of funding source

Jahrom University of Medical Sciences

Proportion provided by this source

100

Public or private sector

empty

Domestic or foreign origin

empty

Category of foreign source of funding

empty

Country of origin**Type of organization providing the funding**

empty

Person responsible for general inquiries**Contact****Name of organization / entity**

Jahrom University of Medical Sciences

Full name of responsible person

Leili Mosalanejad

Position

phd-Faculty Member of Jahrom University of Medical Sciences

Other areas of specialty/work**Street address**

Leili Mosalanejad-Ggeneral Office -Main Campus- Jahrom University of Medical Sciences- Motahari Boulevard- Jahrom- Fars- Iran

City

Jahrom

Postal code

74148

Phone

+98 79 1334 1508

Fax

+98 79 1334 1508

Email

mossla_1@yahoo.com

Web page address

www.jums.ac.ir

Person responsible for scientific inquiries**Contact****Name of organization / entity**

Jahrom University of Medical Sciences

Full name of responsible person

Leili Mosalanejad

Position

PHD, Scientific Faculty Member

Other areas of specialty/work**Street address**

Leili Mosalanejad-Ggeneral Office -Main Campus- Jahrom University of Medical Sciences- Motahari Boulevard- Jahrom- Fars- Iran

City

Jahrom

Postal code

74148

Phone

+98 79 1334 1508

Fax

+98 79 1334 1508

Email

mossla_1@yahoo.com

Web page address

www.jums.ac.ir

Person responsible for updating data**Contact****Name of organization / entity**

Jahrom University of Medical Science- Psychiatric Department

Full name of responsible person

Leili Mosalanejad

Position

phd- Faculty Member

Other areas of specialty/work**Street address**

Leili Mosalanejad-General Office -Main Campus-
Jahrom University of Medical Sciences- Motahari
Boulevard- Jahrom- Fars- Iran

City

Jahrom

Postal code

74148

Phone

+98 79 1334 1508

Fax

+98 79 1334 1508

Email

mossla_1@yahoo.com

Web page address

www.jums.ac.ir

Sharing plan**Deidentified Individual Participant Data Set (IPD)**

empty

Study Protocol

empty

Statistical Analysis Plan

empty

Informed Consent Form

empty

Clinical Study Report

empty

Analytic Code

empty

Data Dictionary

empty