Clinical Trial Protocol
Iranian Registry of Clinical Trials

09 Nov 2026

The effect of spiritual reminiscence on death anxiety in patients hospitalized in intensive care units.

Protocol summary

Study aim
Determining the effect of spiritual reminiscence on death anxiety in hospitalized cardiac patients

Design
Randomized controlled clinical trial, parallel groups, non-blinded, randomized, 70 patients, permuted block randomization with block size of two

Settings and conduct
Patients hospitalized in the cardiac intensive care units of Larestan and Jahrom hospitals will be enrolled in the study if eligible. They will be randomly assigned to the intervention and control groups using permuted block randomization (block size = 2).

Participants/Inclusion and exclusion criteria
Inclusion criteria: Confirmed diagnosis of heart disease by the attending physician; Hospitalization in the cardiac intensive care unit; Full consciousness and ability to communicate verbally; Willingness and informed consent to participate in the study Exclusion criteria: Death of a first-degree relative within the past 6 months; Severe psychiatric disorders (major depression, schizophrenia, bipolar disorder); Use of psychiatric drugs affecting mood or anxiety; Addiction to alcohol or illicit drugs; Intellectual disability, blindness, deafness, or moderate to severe cognitive impairment; Participation in similar interventions within the past 6 months

Intervention groups
Intervention group: patients will receive a spiritual reminiscence program over three consecutive days, each session lasting 30–45 minutes. The content of the sessions will include the meaning of life and relationships, hopes, fears, religious beliefs, and spiritual and religious activities and practices. Sessions will be conducted individually in a calm environment by the researcher, and if the patient wishes, a family member may also attend. Control group: Patients will receive only the routine care provided in the cardiac intensive care unit.

Main outcome variables
Death anxiety in hospitalized cardiac patients

General information

Reason for update

Acronym

IRCT registration information
IRCT registration number: **IRCT20250716066512N1**
Registration date: **2025-10-05, 1404/07/13**
Registration timing: **prospective**

Last update: **2025-10-05, 1404/07/13**
Update count: **0**

Registration date
2025-10-05, 1404/07/13

Registrant information

Name
zahra Jay Mand

Name of organization / entity

Country
Iran (Islamic Republic of)

Phone
+98 54 2322 2222

Email address
jaymandzahra261@gmail.com

Recruitment status
Recruitment complete

Funding source

Expected recruitment start date
2025-10-23, 1404/08/01

Expected recruitment end date
2026-03-20, 1404/12/29

Actual recruitment start date
empty

Actual recruitment end date
empty

Trial completion date

empty

Scientific title
The effect of spiritual reminiscence on death anxiety in patients hospitalized in intensive care units.

Public title
Effect of Spiritual Reminiscence on Death Anxiety in Hospitalized Cardiac Patients

Purpose
Supportive

Inclusion/Exclusion criteria

Inclusion criteria:
Confirmed diagnosis of heart disease by the attending physician Hospitalization in the cardiac intensive care unit Full consciousness and ability to communicate verbally Willingness and informed consent to participate in the study

Exclusion criteria:
Death of a first-degree relative within the past 6 months Severe psychiatric disorders (major depression, schizophrenia, bipolar disorder) Use of psychiatric drugs affecting mood or anxiety Addiction to alcohol or illicit drugs Intellectual disability, blindness, deafness, or moderate to severe cognitive impairment Participation in similar interventions within the past 6 months

Age
No age limit

Gender
Both

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **70**

Randomization (investigator's opinion)
Randomized

Randomization description
Participants were selected using convenience sampling and allocated to two intervention and control groups using a two-person permuted block randomization (block size = 2). The random sequence was generated with Excel and implemented using sealed, numbered envelopes to ensure allocation concealment. The researcher was blinded to the sequence until assignment.

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 Larestan Faculty of Medical Sciences

Street address
Management of Research and Technology, Larestan University of Medical Sciences, Velayat Boulevard, Imam Khomeini Square

City
Larestan

Province
Fars

Postal code
7418945519

Approval date
2025-06-24, 1404/04/03

Ethics committee reference number
IR.LARUMS.REC.1404.021

Health conditions studied

1

Description of health condition studied
Death anxiety

ICD-10 code
F06.4

ICD-10 code description
Anxiety disorder due to known physiological condition

Primary outcomes

1

Description
“Death anxiety score on the Templer Death Anxiety Scale

Timepoint
Before the initiation of the spiritual reminiscence intervention and immediately after its completion

Method of measurement
The Templer Death Anxiety Scale

Secondary outcomes

1

Description

Timepoint

Method of measurement

Intervention groups

1

Description
Intervention group: In addition to routine care, patients

will participate in a spiritual reminiscence program over three consecutive days, with each session lasting 30–45 minutes: Session 1 focuses on the meaning of life and relationships, exploring the patient's past and present experiences, identifying sources of meaning and joy, and discussing relationships with others and received spiritual support; Session 2 addresses hopes, fears, concerns, and religious beliefs, identifying the most challenging life experiences, current hopes and concerns, spiritual and religious beliefs, and the patient's perceptions of the end of life; Session 3 covers spiritual and religious practices and a review, including reviewing religious activities, the impact of spiritual beliefs on life, and summarizing and revisiting the content of previous sessions. Sessions will be conducted individually in a calm environment by the researcher, and if the patient wishes, a family member may also attend. Patients can ask questions and receive spiritual support throughout the sessions.

Category

Behavior

2

Description

Control group: Patients will receive only the routine care provided in the cardiac intensive care unit and will not receive any additional psychological or spiritual interventions.

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center

The cardiac intensive care units of Larestan hospital

Full name of responsible person

Zahra Jay mand

Street address

Imam Reza Medical Training Center, Dr. Dadman Highway, Shahr Jadid

City

Larestan

Province

Fars

Postal code

7431895617

Phone

+98 71 5224 2101

Email

larhosp@larums.ac.ir

2

Recruitment center

Name of recruitment center

The cardiac intensive care units of Jahrom hospital

Full name of responsible person

Zahra Jay mand

Street address

Peymanieh Hospital, Nakhlestan Neighborhood, Valiasr (AJ) Street

City

Jahrom

Province

Fars

Postal code

7419886688

Phone

+98 71 5330 5059

Email

info@gmail.com

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Larestan University of Medical Sciences

Full name of responsible person

Habibollah Abbasi

Street address

Management of Research and Technology, Larestan University of Medical Sciences, Velayat Boulevard, Imam Khomeini Square

City

Larestan

Province

Fars

Postal code

7418945519

Phone

+98 71 5423 1027

Email

habib.abbasy@gmail.com

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Larestan 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

Larestan University of Medical Sciences

Full name of responsible person

MohammadRafi BazrAfshan

Position
University professor

Latest degree
Ph.D.

Other areas of specialty/work
Nursery

Street address
Larestan University of Medical Sciences, Velayat Boulevard, Imam Khomeini Square

City
Larestan

Province
Fars

Postal code
7418945519

Phone
+98 71 5423 1027

Email
m.rafibazrafshan@gmail.com

Person responsible for scientific inquiries

Contact

Name of organization / entity
Larestan University of Medical Sciences

Full name of responsible person
MohammadRafi BazrAfshan

Position
University professor

Latest degree
Ph.D.

Other areas of specialty/work
Nursery

Street address
Larestan University of Medical Sciences, Velayat Boulevard, Imam Khomeini Square

City
Larestan

Province
Fars

Postal code
7418945519

Phone
+98 71 5423 1027

Email
m.rafibazrafshan@gmail.com

Person responsible for updating data

Contact

Name of organization / entity
Larestan University of Medical Sciences

Full name of responsible person
MohammadRafi BazrAfshan

Position
University professor

Latest degree
Ph.D.

Other areas of specialty/work
Nursery

Street address
Larestan University of Medical Sciences, Velayat Boulevard, Imam Khomeini Square

City
Larestan

Province
Fars

Postal code
7418945519

Phone
+98 71 5423 1027

Email
m.rafibazrafshan@gmail.com

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
Yes - There is 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

Title and more details about the data/document
Individual data of study participants can be shared after de-identifying individuals, and only a portion of the data, such as information related to the main outcome, can be shared.

When the data will become available and for how long
Access begins 6 months after results are published

To whom data/document is available
Researchers working in academic and scientific institutions

Under which criteria data/document could be used
The use of the data or documents is limited to scientific analyses, writing research articles, or performing statistical evaluations related to the study objectives. Any use outside this scope, including the disclosure of identifiable information or transfer of data to third parties, is prohibited.

From where data/document is obtainable
jaymandzahra261@gmail.com

What processes are involved for a request to access data/document
After sending a request message to the author's email and stating the reasons, the requester can access the data files in a short period of time (less than 20 days).

Comments