

Clinical Trial Protocol

Iranian Registry of Clinical Trials

10 Jun 2026

The Effect of Quran Recitation on Exam Anxiety Among Medical Students

Protocol summary

Study aim

The Effect of Quran Recitation on Exam Anxiety Among Medical Students

Design

A randomized, parallel-group clinical trial with a control group, conducted on 152 students. Class lists were used for randomization.

Settings and conduct

the intervention group will be exposed to the recitation of the Quran during exams, data collection tools will be provided to students in the exam hall, and questionnaires will be collected after completion.

Participants/Inclusion and exclusion criteria

Inclusion criteria for the study: Studying medicine at the Semnan Faculty of Medicine, being in pre-internship semesters, not suffering from a mental illness, not taking psychiatric medications, not participating in stress management classes, and having no experience of the death of second-degree relatives in the past six months. Exclusion criteria: Students who arrived late to the exam session or had chosen fewer than two courses.

Intervention groups

The intervention group will be exposed to the recitation of the Quran during exams, while the control group will not receive this recitation during exams. The selected audio will be Surah Al-Insan recited by Islam Sobhi for 6 minutes. The data collection tools will include a demographic information questionnaire and the standardized Spielberger Anxiety Scale (STAI), which will be completed by students before the start of the exam.

Main outcome variables

Situational anxiety

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20250930067434N1**

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

sobhan sangesari

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 23 3361 5232

Email address

ssangesari@semums.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2025-11-22, 1404/09/01

Expected recruitment end date

2025-12-22, 1404/10/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The Effect of Quran Recitation on Exam Anxiety Among Medical Students

Public title

The Effect of Quran Recitation on Exam Anxiety Among Medical Students

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria:

Studying medicine at the Semnan Faculty of Medicine
Being in the pre-internship semesters Not suffering from a mental illness Not taking psychiatric medications Not participating in stress management classes Having no experience of the death of second-degree relatives in the past six months

Exclusion criteria:

Students who arrived late to the exam session Had chosen fewer than two courses

Age

No age limit

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **152**

Randomization (investigator's opinion)

Randomized

Randomization description

The list of courses offered in the academic semester will be obtained in coordination with the education department and randomly divided into two groups, experimental and control, using RCT. Courses with even numbers will be assigned to the control group (Group 1), and courses with odd numbers will be assigned to the intervention group (Group 2).

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**

Research Ethics Committees of Semnan University Of Medical Sciences and Health Services

Street address

Semnan, Basij Boulevard, Central Headquarters of Semnan University of Medical Sciences

City

semnan

Province

Semnan

Postal code

3514799442

Approval date

2025-09-22, 1404/06/31

Ethics committee reference number

IR.SEMUMS.REC.1404.175

Health conditions studied**1****Description of health condition studied**

Anxiety

ICD-10 code

F06.4

ICD-10 code description

Anxiety disorder due to known physiological condition

Primary outcomes**1****Description**

anxiety

Timepoint

Immediately after the intervention (before the start of the exam)

Method of measurement

Spielberger Anxiety Questionnaire (STAI)

Secondary outcomes

empty

Intervention groups**1****Description**

Intervention group: The intervention group will be exposed to the recitation of the Quran during exams. The selected audio will be Surah Al-Insan recited by Islam Sobhi for 6 minutes, determined in consultation with the university's Islamic Studies group.

Category

Treatment - Other

2**Description**

Control group: They will not receive the audio of the Quran in the exams.

Category

Other

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

Semnan University of Medical Sciences

Full name of responsible person

Ali Rashidipor

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Semnan, Basij Boulevard, Headquarters of Semnan

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Semnan University of Medical Sciences

Full name of responsible person

Ali Khaleghian

Street address

Semnan, Basij Boulevard, Headquarters of Semnan University of Medical Sciences, Vice President for Research and Technology

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rds@semums.ac.ir

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Semnan 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

Semnan University of Medical Sciences

Full name of responsible person

Sobhan Sangesari

Position

Student

Latest degree

Medical doctor

Other areas of specialty/work

General Practitioner

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Emam Town, Next to Maskan-e Melli

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3551763457

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Person responsible for scientific inquiries

Contact

Name of organization / entity

Semnan University of Medical Sciences

Full name of responsible person

Gholamheosein Mahdavinejad

Position

Assistant Professor

Latest degree

Ph.D.

Other areas of specialty/work

Jurisprudence and Islamic Studies

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Person responsible for updating data

Contact

Name of organization / entity

Semnan University of Medical Sciences

Full name of responsible person

Sobhan Sangesari

Position

Student

Latest degree

Medical doctor

Other areas of specialty/work

General Practitioner

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City

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Phone
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Email
sobhansangesari@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

Yes - There is a plan to make this available

Analytic Code

Yes - There is a plan to make this available

Data Dictionary

Yes - There is a plan to make this available

Title and more details about the data/document

Personal identity data (such as name, national ID number, contact information, and any personal identifiers) are completely removed and not included in the shared files. All data, after undergoing a de-identification process, including research data and results, are shared anonymously without any possibility of tracing individual identities. Data related to the primary study outcomes will be shared without full demographic details. Data related to interventions and their implementation will be provided in summary form, without personal information, as accompanying documentation.

When the data will become available and for how long

The access period will begin 6 months after the publication of the results.

To whom data/document is available

Requests for data and documentation will only be accepted from researchers, graduate students, or reputable research institutions that have clear research objectives and adhere to ethical research principles.

Under which criteria data/document could be used

Formal Request: The request must be submitted in writing and include a full description of the purpose and the type of analysis or intended use of the data and documents. The applicant must also guarantee that the data will only be used for the specified purposes.
Confidentiality and Ethics Agreement: Before receiving the data, the requester must sign a Non-Disclosure

Agreement (NDA) and a commitment to adhere to ethical principles and protect the research data. Permitted Types of Analysis: Statistical and research analyses aligned with the primary objectives of the study and aimed at advancing knowledge in ergonomics, occupational health, or related fields are permitted. Any commercial use, reproduction of data for non-research purposes, or analyses violating ethical principles is prohibited. Restrictions on Further Sharing: Received data cannot be transferred or shared with any other individual or entity without prior written permission from the data owner. Reporting Results: The researcher is obliged to present the results of the data analysis in the form of a report or scientific article and provide a copy of the results to the data owner. Privacy Protection: Data usage must ensure the privacy of participants is maintained, and no information that could reveal individual identities will be disclosed.

From where data/document is obtainable

Semnan, Basij Boulevard, Central Headquarters of Semnan University of Medical Sciences, Deputy of Research and Technology Phone: +98 23 3345 1336 Email: [sem.ums.res@gmail.com]

What processes are involved for a request to access data/document

Preparation of Official Request The applicant must prepare a formal letter or request form including: • A detailed description of the research purpose and intended use of the data • The type of required data and documents • The planned analysis or use of the data This step usually takes 2 to 5 business days. **Submitting the Request to the Research Team** The request should be sent to the email address or portal designated by the research data manager. **Initial Review of the Request** The research team reviews the request for completeness, alignment of objectives with research policies, and applicant's eligibility. This step typically takes 5 to 10 business days. **Request for Additional Documents** (if needed) If more documents are required (e.g., CV, proposal, introduction letter), the applicant will be asked to provide them. The duration depends on the applicant's response time (usually 5 business days). **Signing Agreements and Commitments** After preliminary approval, the applicant must sign and submit the confidentiality agreement and the ethical research commitment. This step takes 3 to 7 business days. **Final Approval and Data Preparation** Upon receipt of signed agreements, the research team issues final permission and prepares the requested data and documents, ensuring de-identification. This process usually takes 7 to 14 business days. **Sending Data and Documents to the Applicant** Data will be sent securely (e.g., via data portal, encrypted email, or secure drive). Depending on the delivery method, this step may take 1 to 3 business days.

Comments