# Clinical Trial Protocol
# Iranian Registry of Clinical Trials

22 Nov 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
**Street address**
Semnan, Basij Boulevard, Headquarters of Semnan

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int.relation@semums.ac.ir

## Sponsors / Funding sources

**1**

**Sponsor**
**Name of organization / entity**
Semnan University of Medical Sciences
**Full name of responsible person**
Ali Khaleghian
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Semnan, Basij Boulevard, Headquarters of Semnan University of Medical Sciences, Vice President for Research and Technology
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**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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## Person responsible for scientific inquiries

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**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
**Street address**
Emam Town, Next to Maskan-e Melli
**City**

Sorkheh

**Province**

Semnan

**Postal code**

3551763457

**Phone**

+98 23 3361 5232

**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**