Clinical Trial Protocol
Iranian Registry of Clinical Trials

08 Nov 2026

The effect of spiritual-religious education program on emotional exhaustion of nurses

Protocol summary

Study aim
To determine the Effect of a Spiritual–Religious Training Program on Emotional Exhaustion Among Nurses

Design
clinical trial with control group, with parallel groups, unblinded, randomized using Random Allocation application, on 60 clinical nurses.

Settings and conduct
After identifying nurses who met the study eligibility criteria at Imam Reza Educational and Medical Center, Larestan, 60 nurses will enter the study and be randomized using Randomized Allocation with no blindness procedure, each group holding 30 participants

Participants/Inclusion and exclusion criteria
Inclusion Criteria: clinical nurse, Having a bachelor's degree or higher in nursing, Having at least 2 years of work experience clinical, Exclusion Criterion: Participation in another intervention program simultaneously with the implementation of the research

Intervention groups
The intervention group: intervention sessions of spiritual - religious education based on Richards and Bergin's model will be presented for this group in 8 sessions of 45 minutes for 8 consecutive days. To motivate the participants of nurses in intervention group, the content will be presented in the form of an in-service educational program in 8 areas (concentration and meditation - prayer and communication with god - trust - patience - repentance - gratitude and forgiveness - gratitude and gratitude - type of friendship and charity) and participants will benefit from 8 educational points. The control group: This group will receive no intervention; however, in order to respect ethical considerations, at the end of the study for control group, they will receive the subjects presented to the intervention group, to gain educational points and benefit from it.

Main outcome variables
emotional exhaustion score

General information

Reason for update

Acronym

IRCT registration information
IRCT registration number: **IRCT20251028067797N1**
Registration date: **2026-01-15, 1404/10/25**
Registration timing: **prospective**

Last update: **2026-01-15, 1404/10/25**
Update count: **0**

Registration date
2026-01-15, 1404/10/25

Registrant information

Name
zahra ghavami

Name of organization / entity

Country
Iran (Islamic Republic of)

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+98 71 5224 4549

Email address
saharghavami1377@gmail.com

Recruitment status
Recruitment complete

Funding source

Expected recruitment start date
2026-01-20, 1404/10/30

Expected recruitment end date
2026-02-04, 1404/11/15

Actual recruitment start date
empty

Actual recruitment end date
empty

Trial completion date
empty

Scientific title

The effect of spiritual-religious education program on emotional exhaustion of nurses

Public title
The effect of spiritual-religious education program on emotional exhaustion of nurses
Purpose
Supportive
Inclusion/Exclusion criteria
Inclusion criteria:
clinical nurse Having a bachelor's degree or higher in nursing Having at least 2 years of work experience clinical nurse
Exclusion criteria:
Participation in an intervention program simultaneously with the implementation of the research
Age
No age limit
Gender
Both

Phase
N/A
Groups that have been masked
No information
Sample size
Target sample size: **60**
Randomization (investigator's opinion)
Randomized
Randomization description
After identifying nurses who met the study eligibility criteria and completing the final list of participants, the process of allocating random samples into two groups of intervention and control groups will be conducted using Random Allocation software. A random sequence will be created to allocate samples to two Intervention and Control groups with blocks of four Including 2 participants in the Intervention group and 2 participants in the Control group through a permutation block using the random allocation software.
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 Islamic Azad University, Isfahan (Khorasgan) Branch
Street address
University Boulevard, Arghavanieh,East Ji Street
City
Isfahan
Province
Isfehan
Postal code
8125139998
Approval date
2025-09-02, 1404/06/11
Ethics committee reference number
IR.IAU.KHUISF.REC.1404.495

Health conditions studied

1

Description of health condition studied
Emotional exhaustion of clinical nurses
ICD-10 code
ICD-10 code description

Primary outcomes

1

Description
emotional exhaustion’s score in Maslach and Jackson Questionnaire
Timepoint
Before the intervention and immediately after the end of intervention(in the end of Session eight)
Method of measurement
Maslach and Jackson Emotional Fatigue (Burnout) Questionnaire

Secondary outcomes

empty

Intervention groups

1

Description
The intervention group: this group after completing the demographic questionnaire and the Maslach-Jackson Emotional Exhaustion Questionnaire, will participate in 8 sessions of 45 minutes for 8 consecutive days of a spiritual–religious education program based on the Richards and Bergin's model. The content will be delivered as an in-service educational program. Content of the Sessions in the Spiritual–Religious Education Package is: Session 1: Meditation and Focus: Definition of meditation; Virtue of meditation in the Qur’an and Hadith; Importance of meditation according to Islamic ethicists; Effects of meditation; Psychological effects of meditation and focus on mental health. Session 2: Prayer and Supplication; Definition of prayer; Prayer from the perspective of Islam and the Qur’an; Benefits of prayer and connection with God; Psychological perspective of prayer; Psychological effects of prayer and supplication on mental health. Session 3: Reliance on God; Definition of Reliance on God; Nature of reliance on God; Source of

Reliance on God; Psychological effects of Reliance on God on mental health. Session 4: Patience; Definition of patience; Patience and perseverance; Relationship between faith and patience; Special status of the patient; Role of patience and endurance in nursing performance. Session 5: Repentance; Definition of repentance; How to repent from sins; Etiquette and recommended practices of repentance; Psychological effects of repentance on mental health. Session 6: Forgiveness; Definition of forgiveness; Status of forgiveness among virtues and human values; Rewards and merit of forgiveness; Psychological effects of forgiveness on mental health. Session 7: Gratitude and Appreciation; Definition of gratitude and appreciation; Importance of gratitude towards others; Outcomes and effects of gratitude; Psychological effects of gratitude and appreciation on mental health. Session 8: Altruism and Benevolence; Definition of altruism and benevolence; Limits of altruism; Objectives of altruism; Strategies to promote altruism; Altruism in nursing practice.

Category

Behavior

2

Description

The control group: At the beginning and end of research, the demographic Questionnaire and the Maslach–Jackson Emotional Exhaustion Questionnaire will be completed for the control group. this group do not receive any intervention. in end of study, the educational content provided to the intervention group will also be presented to the control group in order to observe ethical considerations and allow these participants to benefit and use for the in-service training program as well.

Category

Behavior

Recruitment centers

1

Recruitment center

Name of recruitment center

Imam Reza (AS) Educational and Medical Center, Larestan

Full name of responsible person

Zahra Ghavami

Street address

Dr. Dadman Blvd., New-City

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Fars

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Web page address

https://emamreza.larums.ac.ir/

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Islamic Azad University

Full name of responsible person

Ahmad Shojari

Street address

Islamic Azad University Complex, Alam Square, Safaieh, Yazd

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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

Islamic Azad University

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

Islamic Azad University

Full name of responsible person

Zahra Ghavami

Position

Master’s Degree Student

Latest degree

Bachelor

Other areas of specialty/work

Nursery

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Person responsible for scientific inquiries

Contact

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Islamic Azad University

Full name of responsible person
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Associate Professor

Latest degree
Ph.D.

Other areas of specialty/work
Nursery

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Person responsible for updating data

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Other areas of specialty/work
Nursery

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Sharing plan

Deidentified Individual Participant Data Set (IPD)
No - There is not a plan to make this available

Justification/reason for indecision/not sharing IPD
There is no additional information available.

Study Protocol
No - There is not a plan to make this available

Statistical Analysis Plan
No - There is not a plan to make this available

Informed Consent Form
No - There is not a plan to make this available

Clinical Study Report
No - There is not a plan to make this available

Analytic Code
No - There is not a plan to make this available

Data Dictionary
No - There is not a plan to make this available