Clinical Trial Protocol
Iranian Registry of Clinical Trials

08 Nov 2026

The Effect of some Stoic Teachings on Happiness and Death Anxiety in Breast Cancer Patients.

Protocol summary

Study aim

Determining the effect of teaching selected Stoic teachings on happiness and death anxiety in breast cancer patients.

Design

The clinical trial had two control and intervention groups, which were randomly divided into control groups, and each group, including attrition, will have 35 people, with 23 people remaining in each group at the end. The intervention phase in the intervention group will consist of six sessions of stoic training, a combination of virtual and in-person.

Settings and conduct

The intervention will be conducted at Iranmehr Hospital in Birjand in the form of two in-person sessions for patients and four recorded sessions in a virtual space.

Participants/Inclusion and exclusion criteria

Inclusion criteria: Includes patients with the above conditions and also willing to participate in the study, with access to cyberspace (the patient or a close relative through whom the patient can follow the content),Having Iranian nationality, not having speech or hearing problems, interest in participating in the study. Exclusion criteria: Included more than two absences from educational sessions, unwillingness to participate in the educational process, death or worsening of the patient's condition to the extent that the patient could not receive and follow the education، withdrawal from continuing cooperation with the research for any reason and at any stage of the research, and incomplete completion of the questionnaires.

Intervention groups

After completing the first questionnaire, the intervention group will receive six training sessions on an excerpt from Stoic teachings in a combination of virtual and in-person sessions, and then they will fill out the initial questionnaire again.

Main outcome variables

Observation of the effect of selected Stoic teachings on the happiness and death anxiety of patients in the intervention group .

General information

Reason for update

Acronym

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IRCT registration information

IRCT registration number: **IRCT20260125068660N1**
Registration date: **2026-02-06, 1404/11/17**
Registration timing: **prospective**

Last update: **2026-02-06, 1404/11/17**
Update count: **0**

Registration date

2026-02-06, 1404/11/17

Registrant information

Name

Mobina Arjmandi

Name of organization / entity

Country

Iran (Islamic Republic of)

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Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2026-02-20, 1404/12/01

Expected recruitment end date

2026-08-23, 1405/06/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The Effect of some Stoic Teachings on Happiness and Death Anxiety in Breast Cancer Patients.

Public title

The Effect of some Stoic Teachings on Happiness and Death Anxiety in Breast Cancer Patients.

Purpose

Education/Guidance

Inclusion/Exclusion criteria

Inclusion criteria:

Having Iranian nationality Diagnosis of the disease by a specialist doctor Interest in participating in the study Ability to access and control patients

Exclusion criteria:

Addiction to alcohol and psychotropic drugs speech or hearing problems

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

Individual randomization: After confirming the eligibility criteria and obtaining informed consent, participants were allocated to the intervention and control groups using simple randomization with an allocation ratio of 1:1. Initially, a unique code was assigned to each participant, and an independent random number was generated for each individual using a random number generator. According to a predefined rule, participants with a random number less than 0.5 were assigned to the intervention group, while the remaining participants were allocated to the control group. The allocation process was performed independently for each participant, and all individuals had an equal probability of being assigned to either group.

Blinding (investigator's opinion)

Not blinded

Blinding description

Placebo

Not used

Assignment

Parallel

Other design features

In the study, patients will be randomly divided into two intervention and control groups. The control group will receive the intervention and will fill out a questionnaire before and after the intervention and Stoic teachings, while the control group will fill out the questionnaire twice, like the intervention group, at the same time interval, but without receiving the intervention.

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethics Committee of Birjand University of Medical Sciences.

Street address

Birjand University of Medical Sciences, Moalem Street 33, Reyhaneh Dormitory, Vice President for Cultural Affairs of the University..

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Approval date

2025-09-19, 1404/06/28

Ethics committee reference number

IR.BUMS.REC.1404.282

Health conditions studied

1

Description of health condition studied

Breast cancer

ICD-10 code

C50

ICD-10 code description

C50-C50 Malignant neoplasm of breast: C50 Malignant neoplasm of breast / 1)C50.0 Malignant neoplasm: Nipple and areola. 2) C50.1 Malignant neoplasm: Central portion of breast.

Primary outcomes

1

Description

Happiness on the Exposed Happiness Questionnair،Death anxiety Templer Brain Anxiety Questionnaire.

Timepoint

Filling out the initial questionnaire before and after the study (each with an interval of up to one week).

Method of measurement

Oxford Happiness Questionnaire and Templar Death Anxiety Questionnaire

Secondary outcomes

1

Description
Comparison of initial and final questionnaires filled out by the hospital (Exposed Happiness Questionnaire and Templer Death Anxiety Questionnaire)

Timepoint
The first questionnaire was completed one week before the start of the intervention and the final questionnaire was completed one week after the intervention.

Method of measurement
The 29-question Oxford Happiness Questionnaire, with each question scoring between zero and three, and the 15-question Templar Death Anxiety Questionnaire, with a yes or no score.

Intervention groups

1

Description
Intervention group:Participants in the intervention group will receive six sessions of selected Stoic philosophy–based educational training, consisting of two face-to-face sessions and four virtual sessions delivered via recorded podcasts. The face-to-face sessions will last approximately one hour each, and the virtual sessions will last approximately 30 minutes each. Participants will complete the study questionnaires before and after the intervention.

Category
Lifestyle

2

Description
Control group: Participants in the control group will complete the baseline and final questionnaires at the same time intervals as the intervention group but will not receive any educational intervention during the study period. For ethical considerations, the educational materials will be provided to the control group after completion of both questionnaires.

Category
Lifestyle

Recruitment centers

1

Recruitment center

Name of recruitment center
Birjand University of Medical Sciences.

Full name of responsible person
Masoud Yousefi

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Birjand University of Medical Sciences

Full name of responsible person
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Grant name
Budget from the Vice Chancellor of Birjand University of Medical Sciences

Grant code / Reference number
.

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

Title of funding source
Birjand 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

2

Sponsor

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Grant name
Funding from Birjand University of Medical Sciences

Grant code / Reference number
.

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

Title of funding source
Birjand 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
Birjand University of Medical Sciences

Full name of responsible person
Mobina Arjmandi

Position
medical student

Latest degree
Medical doctor

Other areas of specialty/work
Medical student

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Person responsible for updating data

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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

Upon reasonable request, information will be made available within one week by email to the responsible author.

When the data will become available and for how long

If requested, it will be sent to the responsible author via email within one week.

To whom data/document is available

If requested, it will be sent to the responsible author via email within one week.

Under which criteria data/document could be used

If requested, it will be sent to the responsible author via email within one week.

From where data/document is obtainable

If requested, it will be sent to the responsible author via email within one week.

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

If requested, it will be sent to the responsible author via email within one week.

Comments

If requested, it will be sent to the responsible author via email within one week.