

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

16 Jun 2026

### Impact of Spiritual Care Education on Nurses' Spiritual Well Being and Clinical Competence

#### Protocol summary

##### Study aim

Determining the effect of spiritual care training on nurses' spiritual well-being and clinical competence

##### Design

This randomized clinical trial was conducted among 120 nurses. Participants were allocated to the intervention and control groups using Random Allocation Software through block randomization with a block size of four.

##### Settings and conduct

A total of 120 eligible nurses from the hospital's clinical wards were randomly assigned to intervention and control groups using block randomization (block size of four). The control group received no intervention, while the intervention group attended a four-session spiritual care training workshop. Data were collected with the Spiritual Well-Being Scale and the Nurse Clinical Competence Scale at three points: pre-intervention, immediately post-intervention, and two months later. The outcome assessor and data analyst were blinded to group allocation.

##### Participants/Inclusion and exclusion criteria

Inclusion criteria: willingness to participate in the study; having at least a bachelor's degree in nursing; at least one year of clinical work experience; and active employment in clinical wards during the study period. Exclusion criteria: History of diagnosed psychiatric disorders or taking psychiatric medications (based on self-report); Experiencing severe grief or a major emotional crisis in the past 6 months; Planning for long-term leave, maternity leave, or transfer to another center within the next 3 months; Employment in non-clinical departments (e.g., administrative, support, or purely educational units).

##### Intervention groups

Intervention group: Participated in a spiritual care training workshop consisting of four educational sessions. Control group: Received no educational intervention during the study period, and the training materials were provided to them after completion of the

study.

##### Main outcome variables

Spiritual well-being; Clinical competence

#### General information

##### Reason for update

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT20220927056047N2**

Registration date: **2026-05-02, 1405/02/12**

Registration timing: **retrospective**

Last update: **2026-05-02, 1405/02/12**

Update count: **0**

##### Registration date

2026-05-02, 1405/02/12

##### Registrant information

##### Name

Mehrvash Hemati

##### Name of organization / entity

##### Country

Iran (Islamic Republic of)

##### Phone

+98 71 3628 2700

##### Email address

mehrvashhemati@sums.ac.ir

##### Recruitment status

**Recruitment complete**

##### Funding source

##### Expected recruitment start date

2024-03-01, 1402/12/11

##### Expected recruitment end date

2024-11-05, 1403/08/15

##### Actual recruitment start date

2024-03-01, 1402/12/11

##### Actual recruitment end date

2024-11-05, 1403/08/15  
**Trial completion date**  
2025-01-09, 1403/10/20

**Scientific title**  
Impact of Spiritual Care Education on Nurses' Spiritual Well Being and Clinical Competence

**Public title**  
Impact of Spiritual Care Education on Nurses' Spiritual Well Being and Clinical Competence

**Purpose**  
Education/Guidance

**Inclusion/Exclusion criteria**  
**Inclusion criteria:**  
Willingness to participate in the study Holding at least a bachelor's degree in nursing Having at least one year of clinical experience Being actively employed in clinical wards during the study period  
**Exclusion criteria:**  
History of diagnosed psychiatric disorders or taking psychiatric medications (based on self-report). Experiencing severe grief or a major emotional crisis in the past 6 months. Planning for long-term leave, maternity leave, or transfer to another center within the next 3 months. Employment in non-clinical departments (e.g., administrative, support, or purely educational units).

**Age**  
No age limit

**Gender**  
Both

**Phase**  
N/A

**Groups that have been masked**

- Outcome assessor
- Data analyser

**Sample size**  
Target sample size: **120**  
Actual sample size reached: **120**

**Randomization (investigator's opinion)**  
Randomized

**Randomization description**  
Participants were randomly assigned in a 1:1 ratio to either the intervention group (n = 60) or the control group (n = 60) using block randomization with a block size of four, generated by Random Allocation Software (version 2.0). The allocation sequence was concealed in opaque, sequentially numbered envelopes, which were opened by a research assistant at the time of each participant's enrollment. To minimize contamination bias, participants in the control group were recruited first and completed both the pretest and posttest assessments before recruitment of the intervention group began. This approach helped prevent the exchange of information between groups. Furthermore, outcome data were collected by a separate research assistant who was blinded to group allocation, ensuring unbiased data collection.

**Blinding (investigator's opinion)**  
Double blinded

**Blinding description**  
Due to the educational nature of the intervention, blinding of participants and intervention providers was not feasible. However, to minimize selection and assessment bias, allocation concealment was implemented and both the outcome assessor and the data analyst were blinded to group assignment. In addition, to reduce the risk of contamination between groups, participants in the control group were recruited first and completed both the pre-test and post-test assessments. Recruitment of the intervention group began only after completion of the control group assessments to prevent potential information exchange between groups.

**Placebo**  
Not used

**Assignment**  
Parallel

**Other design features**

**Secondary Ids**  
empty

**Ethics committees**

**1**

**Ethics committee**  
**Name of ethics committee**  
Ethics committee of Shiraz University of Medical Sciences, Shiraz, Iran  
**Street address**  
The central building of Shiraz University of Medical Sciences, Zand Ave., Shiraz, Iran  
**City**  
Shiraz  
**Province**  
Fars  
**Postal code**  
0098713451978

**Approval date**  
2023-10-07, 1402/07/15

**Ethics committee reference number**  
IR.SUMS.REC.1402.463

**Health conditions studied**

**1**

**Description of health condition studied**  
Spiritual well-being  
**ICD-10 code**  
**ICD-10 code description**

**2**

**Description of health condition studied**  
Clinical competence  
**ICD-10 code**  
**ICD-10 code description**

## Primary outcomes

### 1

#### Description

Spiritual well-being

#### Timepoint

Before the intervention, immediately after the intervention, and two months later.

#### Method of measurement

Spiritual Well-Being Scale (Paloutzian & Ellison)

### 2

#### Description

Clinical competence

#### Timepoint

Before the intervention, immediately after the intervention, and two months later.

#### Method of measurement

Clinical Competence Questionnaire for Registered Nurses (CIRN)

## Secondary outcomes

empty

## Intervention groups

### 1

#### Description

Control group: Participants in this group did not receive any educational intervention related to spiritual care during the study period. After completion of the study, the educational materials were also provided to this group.

#### Category

Behavior

### 2

#### Description

Intervention group: Participants received a spiritual care educational workshop conducted at the Spiritual Care Center of Shooshtari Hospital. The program consisted of four weekly sessions over one month, each lasting approximately 3-4 hours, facilitated by two nursing faculty members experienced in spiritual care education. Each session included a brief lecture on key concepts of spiritual care in nursing followed by interactive learning activities such as small-group discussions, scenario analysis, and guided reflective dialogue. Clinical scenarios were discussed in small groups using the Gibbs reflective cycle (description, feelings, evaluation, analysis, conclusion, and action plan) to promote reflection on the spiritual aspects of patient care and appropriate nursing responses. Attendance was monitored to ensure that participants received the full intervention.

#### Category

Behavior

## Recruitment centers

### 1

#### Recruitment center

##### Name of recruitment center

Shoushtari hospital

##### Full name of responsible person

Dr. Ashkan Nik Aein

##### Street address

Shoushtari Mother and Child Hospital, Between Gomrok and Eslah-Nejad intersections, Enghelab (Nader) Street -

##### City

Shiraz

##### Province

Fars

##### Postal code

۷۱۷۳۷۷۵۶۱۷

##### Phone

+98 71 3612 2218

##### Email

ashkan.nikaeen@gmail.com

## Sponsors / Funding sources

### 1

#### Sponsor

##### Name of organization / entity

Shiraz University of Medical Sciences

##### Full name of responsible person

Hamid Mohammadi

##### Street address

Central Building of Shiraz University of Medical Sciences, opposite Palestine Street, Zand Street

##### City

Shiraz

##### Province

Fars

##### Postal code

71345-1978

##### Phone

+98 71 3235 7282

##### Email

mohammadi219@gmail.com

#### Grant name

#### Grant code / Reference number

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

Yes

#### Title of funding source

Shiraz 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**

Shiraz University of Medical Sciences

**Full name of responsible person**

Mehrvash Hemati

**Position**

Instructor of Nursing

**Latest degree**

Master

**Other areas of specialty/work**

Nursery

**Street address**

Hazrat Fatemeh (PBUH) School of Nursing and  
Midwifery, Namazi Square, Zand Street

**City**

Shiraz

**Province**

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**Postal code**

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**Phone**

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**Email**

mehrvashhemati@sums.ac.ir

## Person responsible for scientific inquiries

### Contact

**Name of organization / entity**

Shiraz University of Medical Sciences

**Full name of responsible person**

Naval Heydari

**Position**

Assistant Professor

**Latest degree**

Ph.D.

**Other areas of specialty/work**

Nursery

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## Person responsible for updating data

### Contact

**Name of organization / entity**

Shiraz University of Medical Sciences

**Full name of responsible person**

Mehrvash Hemati

**Position**

Instructor of Nursing

**Latest degree**

Master

**Other areas of specialty/work**

Nursery

**Street address**

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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**

After the completion of the study, if necessary, the coded data will be published along with the article.

**Study Protocol**

Undecided - It is not yet known if there will be a plan to make this available

**Statistical Analysis Plan**

Undecided - It is not yet known if there will be a plan to make this available

**Informed Consent Form**

Undecided - It is not yet known if there will be a plan to make this available

**Clinical Study Report**

Yes - There is 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****When the data will become available and for how long****To whom data/document is available****Under which criteria data/document could be used****From where data/document is obtainable****What processes are involved for a request to access data/document****Comments**