

Clinical Trial Protocol

Iranian Registry of Clinical Trials

18 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 -

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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

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Phone

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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

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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

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Person responsible for updating data**Contact****Name of organization / entity**

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Full name of responsible person

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Position

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Latest degree

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Other areas of specialty/work

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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**