Clinical Trial Protocol
Iranian Registry of Clinical Trials

07 Nov 2026

Determining the Effectiveness of a Mindfulness Training Intervention (Based on Spiritual Meditation) in Enhancing Life Expectancy and Quality of Life Among Elderly Residents of Shiraz

Protocol summary

Study aim
Determining the Effectiveness of a Mindfulness Training Intervention (Based on Spiritual Meditation) in Enhancing Life Expectancy and Quality of Life Among Elderly Residents of Shiraz

Design
In this study, the intervention group will participate in a mindfulness training program based on spiritual meditation, consisting of eight in-person sessions over a two-month period. The educational content is designed according to Richards and Bergin's spiritual model, adapted with an Islamic approach, and will be delivered by the attending physician.

Settings and conduct
This study is a two-arm, open-label, randomized controlled clinical trial that will be conducted on 120 older adults (60 in the intervention group and 60 in the control group). Eligible older adults presenting at health centers will be selected through convenience sampling and subsequently allocated to either the intervention or control group using a random number table.

Participants/Inclusion and exclusion criteria
The inclusion criteria for the study include attending comprehensive health centers, being 60 years of age or older, and willingness to participate in the training sessions. The exclusion criteria include unwillingness to participate or failure to provide informed consent, as well as severe cognitive disorders or psychiatric illnesses that would prevent participants from understanding the training and completing the questionnaires.

Intervention groups
The intervention group will participate in a mindfulness training program based on spiritual meditation, delivered in eight in-person sessions over a two-month period. In contrast, the control group will receive no educational intervention during the study and will only be provided with standard care.

Main outcome variables
Life Expectancy and Quality of Life

General information

Reason for update
Acronym
IRCT registration information
IRCT registration number: **IRCT20260615069802N5**
Registration date: **2026-08-12, 1405/05/21**
Registration timing: **registered_while_recruiting**

Last update: **2026-08-12, 1405/05/21**
Update count: **0**

Registration date
2026-08-12, 1405/05/21

Registrant information
Name
Samira Taravatmanesh
Name of organization / entity
Country
Iran (Islamic Republic of)
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+98 912 917 7516
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Recruitment status
Recruitment complete
Funding source

Expected recruitment start date
2026-07-01, 1405/04/10
Expected recruitment end date
2026-09-01, 1405/06/10
Actual recruitment start date
empty
Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Determining the Effectiveness of a Mindfulness Training Intervention (Based on Spiritual Meditation) in Enhancing Life Expectancy and Quality of Life Among Elderly Residents of Shiraz

Public title

Determining the Effectiveness of a Mindfulness Training Intervention (Based on Spiritual Meditation) in Enhancing Life Expectancy and Quality of Life Among Elderly

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria:

Referral to Comprehensive Health Centers. Elderly individuals (aged 65 years and older). Willingness to participate in the training sessions. Absence of speech, hearing, and cognitive impairments. Elderly individuals with low life expectancy and poor quality of life, based on the cut-off scores of the questionnaires. Elderly individuals who have not attended any educational classes on quality of life and life expectancy.

Exclusion criteria:

Unwillingness to participate or failure to provide written informed consent Presence of severe cognitive impairment or major psychiatric disorders that would interfere with understanding the educational intervention or completing the study questionnaires. Presence of acute or disabling physical illnesses that would prevent regular attendance at the educational sessions.

Age

From **65 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **120**

Randomization (investigator's opinion)

Randomized

Randomization description

Participants were allocated to the groups through simple randomization using a table of random numbers. To achieve this, the numbers were read from top to bottom, with the predetermined rule that even numbers would be assigned to the intervention group and odd numbers to the control group.

Blinding (investigator's opinion)

Not blinded

Blinding description

Placebo

Not used

Assignment

Factorial

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethics committee of Shiraz University of Medical Sciences

Street address

Central Building, Shiraz University of Medical Sciences, Zand St., Opposite Palestine St., Shiraz, Iran

City

Shiraz

Province

Fars

Postal code

71348-14336

Approval date

2026-04-06, 1405/01/17

Ethics committee reference number

IR.SUMS.SCHEANUT.REC.1405.005

Health conditions studied

1

Description of health condition studied

In this study, no specific disease is being investigated; rather, the effect of the educational intervention on the life expectancy and quality of life of the elderly will be examined.

ICD-10 code

Z76.89

ICD-10 code description

Persons encountering health services in other specified circumstances

Primary outcomes

1

Description

The mean scores of the Snyder Hope Scale

Timepoint

Prior to the start of the intervention and two months after the educational intervention.

Method of measurement

Life Expectancy based on the standard Snyder Hope Scale

2

Description

Quality of life score

Timepoint

Prior to the start of the intervention and two months after the educational intervention.

Method of measurement

Quality of Life assessed using the 12-item Short Form Health Survey (SF-12).

Secondary outcomes

empty

Intervention groups

1

Description
The intervention group will receive a mindfulness training program based on spiritual meditation during 8 in-person sessions over a period of two months. The educational content is designed based on the spiritual model of Richards and Bergin with an Islamic approach and is delivered by the physician.
Category
Rehabilitation

2

Description
Control group: During the study period, they will not receive any educational intervention and will only receive standard care.
Category
N/A

Recruitment centers

1

Recruitment center
Name of recruitment center
Community Health Centers of Shiraz in the year 2026.
Full name of responsible person
Samira Taravatmanesh
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Shiraz, Zand Street, Opposite Palestine Street, Central Building of Shiraz University of Medical Sciences
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Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Shiraz University of Medical Sciences
Full name of responsible person
Vice Chancellor for Research and Technology, Shiraz University of Medical Sciences
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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
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
Tayebeh Rakhshani
Position
Associate professor
Latest degree
Ph.D.
Other areas of specialty/work
Health Promotion
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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
It will be published as an article titled "Determining the Effectiveness of a Mindfulness Training Intervention (Based on Spiritual Meditation) in Enhancing Life Expectancy and Quality of Life Among Elderly Residents of Shiraz in 2026".

When the data will become available and for how long
2026

To whom data/document is available
All people

Under which criteria data/document could be used
For healthcare teams (including physicians, nurses, and social workers) to become familiar with the implementation of this educational intervention.

From where data/document is obtainable
To obtain the document, please refer to the principal investigator of the study, Dr. Tayyebeh Rakhshani.

What processes are involved for a request to access data/document
To obtain information, please refer to the thesis supervisor, Dr. Tayyebeh Rakhshani, or the researcher, Dr. Samira Taravatmanesh.

Comments