Clinical Trial Protocol
Iranian Registry of Clinical Trials

08 Nov 2026

The effectiveness of spiritual intelligence training on anxiety, pubertal health, and suicidal ideation among female upper secondary school students in Masjed Soleyman County

Protocol summary

Study aim
The main objective of the present study is to determine the effect of spiritual intelligence training on anxiety, pubertal health, and suicidal tendency in female students of upper secondary schools in masjed soleyman.

Design
A randomized controlled trial with a control group, parallel groups, and without blinding was conducted on 30 female upper secondary students with suicidal ideation. Randomization was performed using a random number table. A total sample size of 30 participants (15 in each group) was included in the study. The study phase is not applicable.

Settings and conduct
This study will be conducted in Masjed Soleyman among female upper secondary students with suicidal ideation who meet the inclusion criteria. A total of 30 participants will be selected and randomly assigned, using a random number table, to two groups of 15 participants each: an experimental group and a control group. Given the nature of the intervention, blinding will not be performed in this study. The experimental group will receive the spiritual intelligence training intervention, while the control group will remain on a waiting list.

Participants/Inclusion and exclusion criteria
Inclusion criteria: obtaining a score of 19 or higher (cutoff score) on the beck scale for suicide ideation (bssi), providing informed consent, a minimum age of 15 years and a maximum age of 18 years; and exclusion criteria: having severe psychiatric disorders, and simultaneous participation in other similar educational or therapeutic programs.

Intervention groups
The experimental group receives the spiritual intelligence training intervention based on qur'anic teachings according to the model of sherkat (1399) in eight 60-minute sessions, one session per week, and the control group does not receive any intervention.

Main outcome variables
The level of suicidal tendency among the students under study.

General information

Reason for update

Acronym

IRCT registration information
IRCT registration number: **IRCT20260714070196N4**
Registration date: **2026-07-30, 1405/05/08**
Registration timing: **registered_while_recruiting**

Last update: **2026-07-30, 1405/05/08**
Update count: **0**

Registration date
2026-07-30, 1405/05/08

Registrant information
Name
Saeed Arian
Name of organization / entity
Country
Iran (Islamic Republic of)
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+98 61 3334 8062
Email address
arianzad2881@gmail.com

Recruitment status
Recruitment complete

Funding source

Expected recruitment start date
2026-07-22, 1405/04/31

Expected recruitment end date
2026-08-05, 1405/05/14

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effectiveness of spiritual intelligence training on anxiety, pubertal health, and suicidal ideation among female upper secondary school students in Masjed Soleyman County

Public title

The effectiveness of spiritual intelligence training on anxiety, pubertal health, and suicidal ideation among female upper secondary school students

Purpose

Education/Guidance

Inclusion/Exclusion criteria

Inclusion criteria:

Obtaining a score of 19 or higher (cutoff score) on the Beck Scale for Suicide Ideation (BSSI) A minimum age of 15 years and a maximum age of 18 years

Exclusion criteria:

Having severe psychiatric disorders based on medical records or self-report. Simultaneous participation in other similar educational or therapeutic programs

Age

From **15 years** old to **18 years** old

Gender

Female

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **30**

Randomization (investigator's opinion)

Randomized

Randomization description

First, a list of all eligible participants will be prepared and each person will be assigned a unique numerical code. Then, using a random number table, a random sequence of these codes will be generated. According to this sequence, participants will be randomly allocated to one of the two groups (intervention or control), such that the probability of assignment to each group is equal for every participant. The process of generating random numbers and assigning participants to groups will be carried out by a researcher who is not involved in outcome assessment, in order to ensure true random allocation and to reduce allocation bias.

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 of Ahvaz Branch

Street address

Islamic Azad University, Ahvaz Branch, Farhang Shahr, Golestan Expressway, Ahvaz, Iran

City

Ahvaz

Province

Khouzestan

Postal code

6134937333

Approval date

2026-06-01, 1405/03/11

Ethics committee reference number

IR.IAU.AHVAZ.REC.1405.209

Health conditions studied

1

Description of health condition studied

Suicidal ideation

ICD-10 code

R45.851

ICD-10 code description

Suicidal ideations

Primary outcomes

1

Description

Score of suicidal tendency from the beck scale for suicide ideation (BSSI)

Timepoint

Before and after the implementation of the Spiritual Intelligence Training intervention

Method of measurement

The 19-item beck scale for suicide ideation (BSSI).

Secondary outcomes

1

Description

Anxiety score from the beck anxiety inventory (BAI)

Timepoint

Before and after the implementation of the Spiritual Intelligence Training intervention

Method of measurement

The 21-item beck anxiety inventory (BAI)

2

Description
Pubertal health score from the adolescent girls' pubertal health questionnaire by mohammad alizadeh charandabi and colleagues (1393)

Timepoint
Before and after the implementation of the Spiritual Intelligence Training intervention

Method of measurement
The 32-item adolescent girls' pubertal health questionnaire by mohammad alizadeh charandabi and colleagues (1393)

Intervention groups

1

Description
Intervention group: exposed to the spiritual intelligence training intervention with an approach based on qur'anic teachings according to the model of sherkat (1399) in eight 60-minute sessions, one session per week

Category
Rehabilitation

2

Description
Control group: Participants in this group will not receive any psychological intervention related to the study during the research period and will only be assessed at the pretest and posttest stages.

Category
Rehabilitation

Recruitment centers

1

Recruitment center

Name of recruitment center
Islamic azad university, Masjed Soleyman branch

Full name of responsible person
Khadijeh Rahmanzadeh bakhtiari

Street address
Islamic Azad University, Masjed Soleyman Branch, Shahid Abbaspour Dam Junction, Masjed Soleyman, Iran

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Islamic Azad University

Full name of responsible person
Mehrdad Kavoush

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Islamic Azad University, Masjed Soleyman Branch, Shahid Abbaspour Dam Junction, Masjed Soleyman, Iran

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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
Khadijeh Rahmanzadeh bakhtiari

Position
Master's student

Latest degree
Bachelor

Other areas of specialty/work
Psychology

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Person responsible for scientific inquiries

Contact

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Person responsible for updating data

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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
Compliance with ethical research standards and ensuring participant data confidentiality

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
No - There is not a plan to make this available

Title and more details about the data/document
As a Master’s thesis

When the data will become available and for how long
From 2026/09/23 onwards

To whom data/document is available
Other contributors

Under which criteria data/document could be used
To advance scientific knowledge and address existing research gaps

From where data/document is obtainable
Thesis Section, Islamic Azad University, Masjed Soleyman Branch

What processes are involved for a request to access data/document
Referring to the Vice Presidency for Research of Islamic Azad University, Masjed Soleyman Branch to obtain the relevant permit, followed by referring to the Thesis Office

Comments
Overall, this study is a thesis conducted to obtain a Master’s degree, and its results will be published and made available in the form of a thesis.