Clinical Trial Protocol
Iranian Registry of Clinical Trials

08 Nov 2026

Effect of Spiritual Training on Quality of Life on Multiple Sclerosis Patients

Protocol summary

Study aim
Effect of Spiritual Training on Quality of Life on Multiple Sclerosis Patients

Design
Clinical trials with control group, Community based on, randomized

Settings and conduct
Semi-experimental study was performed on two groups of interventional type based on the pre-test and post-test design. 80 patients from the Ahvaz MS Society were selected, demographic information form and quality of life questionnaire and spiritual health were given in the form of pretest. Then, patients A randomized study was conducted in two groups of 40 (test and control). Interaction training was done face to face, lecture, question and answer in 5 sessions of 60 minutes.

Participants/Inclusion and exclusion criteria
Entry requirements ability speak persian Age Over 18 Years Confirmed Diagnosis of Multiple Sclerosis disease Passed at least three months after diagnosis The Disease is in Stage 3-4 Having a low or moderate quality of life score He or she has no cognitive impairment or other chronic illness Patients just have MS and they Are not in Acute Phase Having a Low Score of Spiritual Health Conditions of failure to enter Participation in Spirituality Classes Except Current Study A disease that is due to recurrence of the disease during the study in the hospital In the absence of more than one session

Intervention groups
Research Contain Two Experimental and Control Groups that Experimental Group will Spiritual Training in (intervention) in Five 60-minute sessions But Control Group Do Not

Main outcome variables
The Spiritual Health and Quality of Life of MS patients are the main variables of the research.

General information

Reason for update

Acronym
MS

IRCT registration information
IRCT registration number: **IRCT20160622028581N2**
Registration date: **2018-09-26, 1397/07/04**
Registration timing: **retrospective**

Last update: **2018-09-26, 1397/07/04**
Update count: **0**

Registration date
2018-09-26, 1397/07/04

Registrant information

Name
Razie Noroozi

Name of organization / entity
The university of jundishapur Ahvaz

Country
Iran (Islamic Republic of)

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+98 61 3373 8621

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noroozi.r@ajums.ac.ir

Recruitment status
Recruitment complete

Funding source

Expected recruitment start date
2016-06-21, 1395/04/01

Expected recruitment end date
2016-08-21, 1395/05/31

Actual recruitment start date
empty

Actual recruitment end date
empty

Trial completion date
empty

Scientific title
Effect of Spiritual Training on Quality of Life on Multiple Sclerosis Patients

Public title
Effect of Spiritual Training on MS Patients.

Purpose
Supportive

Inclusion/Exclusion criteria

Inclusion criteria:
Introduction to Persian Falconer Age Over 18 Years Confirmed Diagnosis of Multiple Sclerosis Risk Over Three Months From the Time of Diagnosis The Disease is Stage 3-4 Having Poor Quality of LifeScore (Score Between 29 to 58) or Moderate (Score Between ages 58 and 87) Is Not Suffering With Cognitive Disorders or Other Chronic Disease Patients Except for MS Patient Havenot Other Diseases and People Arenot in Acute Phase. Having a Low Score of Spiritual Health (20-40)

Exclusion criteria:
Participation in Spirituality Classes Except Current Study Patients Who are Hospitalized During the Study Due to Disease Recurrence If More Than One Session Away

Age
From **18 years** old

Gender
Both

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **80**

Randomization (investigator's opinion)
Randomized

Randomization description
Personal Selected in Experimental and Control Groups Was Simple Randomly that By Randomly Numbers Table.

Blinding (investigator's opinion)
Not blinded

Blinding description

Placebo
Not used

Assignment
Parallel

Other design features
80 patients from the Ahvaz MS Society were selected, demographic information form and quality of life questionnaire and spiritual health were given in the form of pretest. Then, patients A randomized study was conducted in two groups of 40 (test and control)

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee
Ethics committee of Ahvaz Jundishapur University of Medical Sciences

Street address
University Blvd., Golestan

City
Ahvaz

Province
Khouzestan

Postal code
15794- 61357

Approval date
2016-04-23, 1395/02/04

Ethics committee reference number
IR.AJUMS.REC.1395.59

Health conditions studied

1

Description of health condition studied
Multiple Sclerosis

ICD-10 code
G35

ICD-10 code description
Multiple sclerosis

Primary outcomes

1

Description
Quality of Life Primary outcome Variable

Timepoint
Measurement of Quality of Life of MS Patients in the Beginning of the Study (Before Intervention) and 5 Weeks After (After the Intervention) and 3 Months After the End of the Intervention

Method of measurement
Questionnaire Assessing the `Quality of Life of MS Patients

2

Description
Spiritual Health as Another Variable is The Primary Consequence of This Research

Timepoint
Measurement of Spiritual Health of MS Patients in the Beginning of the Study (Before Intervention) and 5 Weeks After (After the Intervention) and 3 Months After the End of the Intervention

Method of measurement
Pulotzin and Ellison Spiritual Health Questionnaire

Secondary outcomes

empty

Intervention groups

1

Description
Intervention group: The intervention group of Spirituality is grouped in 5 sessions as follows: First session: Introduction of spiritual intervention sessions and familiarization with the rules of the group; Second session: Contact with God; Third session: Contact with yourself; Fourth session: Relationship with Others and Nature and Fifth Session: Explaining the Experience of Spiritual Training and Its Effects and Preparing Members to leave the group and use its achievements

Category
N/A

2

Description
Control group: The control group did not receive any intervention.

Category
N/A

Recruitment centers

1

Recruitment center

Name of recruitment center
Ahvaz Mystic Society

Full name of responsible person
Dr. Nastaran Majdi Nasab

Street address
Room 151,College of Rehabilitation. Jundishapur University of Medical Sciences

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Noroozi.r@ajums.ac.ir

Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Ahvaz University of Medical Sciences

Full name of responsible person
Dr. Nasrin Elahi

Street address
No. 159, Golestan BVL, Ahvaz Jundishapur University of Medical Sciences, 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
Ahvaz 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
Ahvaz University of Medical Sciences

Full name of responsible person
Razie Noroozi

Position
Master Student

Latest degree
Master

Other areas of specialty/work
Nursery

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Person responsible for scientific inquiries

Contact

Name of organization / entity
Ahvaz University of Medical Sciences

Full name of responsible person
Razie Noroozi

Position
Master Student

Latest degree

Master

Other areas of specialty/work
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Person responsible for updating data

Contact

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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
Because of ethical considerations, I'm not able to publish the participant data file.

Study Protocol
No - There is not a plan to make this available

Statistical Analysis Plan
No - There is not a plan to make this available

Informed Consent Form
No - There is not a plan to make this available

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

Analytic Code
No - There is not a plan to make this available

Data Dictionary
No - There is not a plan to make this available