Clinical Trial Protocol
Iranian Registry of Clinical Trials

08 Nov 2026

Evaluation of the effectiveness of logotherapy based on Rumi’s thoughts on the anxiety, depression, and distress of frontline nurses during the COVID-19 epidemic

Protocol summary

Study aim

1- Evaluation of the effectiveness of logotherapy based on Rumi’s thoughts on the anxiety, depression, and distress of frontline nurses during the COVID-19 epidemic
2- Evaluation of the effectiveness of spirituality on psychological variables in frontline nurses during the COVID-19 epidemic

Design

A single-blinded, randomized, and controlled trial with a parallel-group design of 32 participants followed for 2 months

Settings and conduct

Initially, two hospitals that were a reference for medical referrals for Covid disease were selected. The available sampling method was used. Due to the fact that the study was conducted during the COVID-19 epidemic, after obtaining written permission from the participants, we sent them the link of the online questionnaire (pre-test) for them, and after filling in, the class link was sent to them. After 8 sessions of virtual intervention and post-test, participants were followed up after two months. The person analyzing the data was unaware of the participants' intervention.

Participants/Inclusion and exclusion criteria

inclusion criteria: Nurses who had been on the front lines during the Covid-19 pandemic were recruited exclusion criteria: Nurses with severe psychological disorders, suicidal thoughts, and those who had recently received the psychological intervention were excluded from the study.

Intervention groups

we had two intervention groups: 1- Logotherapy Based on Rumi's Thoughts consists of 8 sessions: perception of source, Self-control in the path of change, acceptance, Adjustment with suffering and meaning-making, Dhikr and meditation (mindfulness), Death anxiety and finding the meaning of love, Patience in suffering, and Gratitude.
2- Control group: The control group did not receive any intervention

Main outcome variables

anxiety, depression, distress

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20091220002898N13**
Registration date: **2022-06-29, 1401/04/08**
Registration timing: **retrospective**

Last update: **2022-06-29, 1401/04/08**
Update count: **0**

Registration date

2022-06-29, 1401/04/08

Registrant information

Name
Seyed Hamzeh Hosseini
Name of organization / entity
Country
Iran (Islamic Republic of)
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+98 11 3337 3844
Email address
shhosseini@mazums.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2020-07-10, 1399/04/20

Expected recruitment end date

2020-08-10, 1399/05/20

Actual recruitment start date

2020-07-10, 1399/04/20

Actual recruitment end date

2020-08-22, 1399/06/01

Trial completion date

2021-01-04, 1399/10/15

Scientific title

Evaluation of the effectiveness of logotherapy based on Rumi’s thoughts on the anxiety, depression, and distress of frontline nurses during the COVID-19 epidemic

Public title

Evaluation of the effectiveness of Logotherapy on the anxiety, depression, and distress of nurses

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria:

Nurses who had been on the front lines during the Covid-19 pandemic

Exclusion criteria:

Nurses with severe psychological disorders, suicidal thoughts and those who had recently received the psychological intervention

Age

No age limit

Gender

Both

Phase

N/A

Groups that have been masked

- Data analyser

Sample size

Target sample size: **40**

Actual sample size reached: **32**

Randomization (investigator's opinion)

Randomized

Randomization description

The study population was the nurses of Imam Hospital and Fatemeh Zahra Hospital. The reasons for choosing these two hospitals were that these centers have been a reference for medical referrals for Covid disease. Also, they are the main educational and medical centers of the University of Medical Sciences and Provincial Referral Center. To prevent the intervention group's concepts from being shared with the control group, each hospital was allocated to one of the two groups. In this study, the available sampling method was used. We provided an announcement in two hospitals, and then nurses interested in participating in this study registered. Finally, participants were screened by telephone and those who were eligible were included in the study.

Blinding (investigator's opinion)

Single blinded

Blinding description

The person analyzing the data is outside the treatment group and doesn't know the type of intervention.

Placebo

Not used

Assignment

Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Mazandaran university of medical sciences

Street address

Moalem square

City

Sari

Province

Mazandaran

Postal code

4815733971

Approval date

2020-07-07, 1399/04/17

Ethics committee reference number

IR.MAZUMS.REC.1399.428

Health conditions studied

1

Description of health condition studied

Anxiety, Depression, Distress

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description

Anxiety

Timepoint

Before the intervention and 1 and 3 months after the first session of the intervention

Method of measurement

Hospital Anxiety Depression Questionnaire (HADS)

2

Description

Depression

Timepoint

Before the intervention and 1 and 3 months after the first session of the intervention

Method of measurement

Hospital Anxiety Depression Questionnaire (HADS)

3

Description

Distress

Timepoint

Before the intervention and 1 and 3 months after the first session of the intervention

Method of measurement

Impact of Event Scale-Revised (IES-R)

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: LBRT consists of 8 sessions: Perception of source, Self-control in the path of change, Acceptance, Adjustment with suffering and meaning-making, Dhikr and meditation (mindfulness), Death anxiety and finding the meaning of love, Patience in suffering, Gratitude. It was presented in eight sessions of 90 minutes.

Category

Treatment - Other

2

Description

Control group: they didn't receive any intervention.

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center

Imam hospital

Full name of responsible person

Hamzeh Hosseini

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Razi street

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Mazandaran University of Medical Sciences

Full name of responsible person

Dr Ahmad ALI Enayati

Street address

Deputy of research and technology of Mazandaran 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

Mazandaran 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

Mazandaran University of Medical Sciences

Full name of responsible person

Seyed Hamzeh Hosseini

Position

Professor

Latest degree

Ph.D.

Other areas of specialty/work

Neuroscience

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Person responsible for scientific inquiries

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Specialist
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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
There is no further information
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
No - There is not 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