Clinical Trial Protocol
Iranian Registry of Clinical Trials

09 Nov 2026

Investigating the effect of a spiritual care program through virtual network on spiritual well-being and mental health of nursing internship students during the COVID-19 pandemic.

Protocol summary

Study aim

Determining the Impact of a spiritual care program through virtual network on spiritual well-being and mental health of nursing internship students during the COVID-19 pandemic

Design

The study is performed on 70 final year nursing students who are divided into experimental and control groups using a random number table. For the experimental group, the spiritual care program is implemented through the WhatsApp virtual network and no intervention is performed for the control group.

Settings and conduct

In this study, the research environment for selecting the samples is the internal and surgical departments of educational medical centers affiliated with Isfahan University of Medical Sciences. the spiritual care program is implemented in six sessions through WhatsApp for the experimental group.

Participants/Inclusion and exclusion criteria

Undergraduate nursing students in the 7th and 8th semesters; Willingness to participate in the study (interested in participating in the research); Internet access; Having a smartphone.

Intervention groups

WhatsApp software will be used to perform the intervention in the experimental group. the intervention is performed for six sessions (twice a week). Questionnaires are completed immediately before the intervention and after the end of the sixth session. The spiritual care program in this study has four areas of human beings (including communication with God, communication with oneself, communication with others and communication with nature). The control group completes the questionnaires only immediately before the study and three weeks after the start of the study for the experimental group.

Main outcome variables

Develop and propose a spiritual care program to promote the spiritual health and mental health of nursing students

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20111002007692N2**
Registration date: **2021-12-05, 1400/09/14**
Registration timing: **prospective**

Last update: **2021-12-06, 1400/09/15**
Update count: **1**

Registration date

2021-12-05, 1400/09/14

Registrant information

Name

tahere momeni

Name of organization / entity

Isfahan university of medical science

Country

Iran (Islamic Republic of)

Phone

+98 913 239 0798

Email address

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Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2021-12-30, 1400/10/09

Expected recruitment end date

2022-12-30, 1401/10/09

Actual recruitment start date
empty
Actual recruitment end date
empty
Trial completion date
empty

Scientific title
Investigating the effect of a spiritual care program through virtual network on spiritual well-being and mental health of nursing internship students during the COVID-19 pandemic.

Public title
Investigating the effect of a spiritual care program through virtual network on spiritual well-being and mental health of nursing internship students during the COVID-19 pandemic
Purpose
Education/Guidance
Inclusion/Exclusion criteria
Inclusion criteria:
Undergraduate students in the 7th and 8th semesters of nursing Internet access Having a smartphone
Exclusion criteria:
No willingness to participate in the study
Age
No age limit
Gender
Both

Phase
N/A
Groups that have been masked
No information
Sample size
Target sample size: **70**
Randomization (investigator's opinion)
Randomized
Randomization description
Samples will be randomly divided into experimental and control groups using a table of random numbers. The researcher first determines whether the odd or even numbers belong to the intervention or control group. To select sample people from the table, the researcher randomly starts from a point in the table in the direction of the row or column. The selection of the point can be done by closing the eyes and placing a finger or the tip of a pen on the table. The movement does not differ in the direction of the row or column, and this is up to the researcher. To select the numbers from the debate, he puts the numbers in separate envelopes and numbers the envelopes in order from number one. Envelope number one belongs to the first person. And since we have already determined that the even and odd numbers in the envelope belong to the intervention or control group, the participants will be placed in the relevant group.
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
Research Ethics Committees of School of Medicine - Isfahan University of Medical Sciences
Street address
Isfahan University of Medical Sciences,Isfahan,Iran
City
Isfahan
Province
Isfehan
Postal code
81746-73461
Approval date
2021-04-19, 1400/01/30
Ethics committee reference number
IR.MUI.MED.REC.1400.051

Health conditions studied

1

Description of health condition studied
Spiritual well being and mental health
ICD-10 code
ICD-10 code description

Primary outcomes

1

Description
Score from the Spiritual well being Questionnaire
Timepoint
Immediately before the intervention and three weeks after the start of the study
Method of measurement
Pulotzin and Ellison Spiritual Well being Questionnaire

Secondary outcomes

1

Description
Score from DASS42 Depression, Anxiety and Stress Questionnaire
Timepoint
Immediately before the intervention and three weeks after the start of the study
Method of measurement

DASS42 Depression, Anxiety and Stress Questionnaire

Intervention groups

1

Description

Intervention group: WhatsApp software will be used to perform the intervention in the experimental group. Due to the limited access of students to the Internet, people's suggested hours will be asked and at the request of individuals, they will be divided into three groups of 10-12 people in three different time periods. Then the intervention is performed for six sessions (twice a week).In this research, the Holy Quran, Sahifa Sajjadieh, Nahj al-Balaghah, Gharr al-Hakam, Dar al-Kalam and other authoritative books on spiritual care, palliative medicine and the results of previous researches have been used to compile the content of the spiritual care program. Questionnaires are completed immediately before the intervention and after the end of the sixth session.The spiritual care program in this study has four areas of human beings (including communication with God, communication with self, communication with others and communication with nature). Objectives Aim to meet the spiritual needs of students with a focus on 4 only human communication, including activities to empower students's existence, spiritual discussions, suggesting spiritual resources and references appropriate to the axis of each session, providing spiritual guidance, promoting spiritual participation and finally improving the meaning and purpose in the life of nursing students.

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center
Isfahan University of Medical Sciences,Isfahan,Iran
Full name of responsible person
Tahere Momeni-Ghale ghasemi
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Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Esfahan University of Medical Sciences
Full name of responsible person
Dr. Mansour Siavash
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Grant name

Grant code / Reference number

Is the source of funding the same sponsor organization/entity?
No

Title of funding source
Isfahan 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
Esfahan University of Medical Sciences
Full name of responsible person
Tahere Momeni-Ghaleghasemi
Position
Instructor of the Faculty of Nursing
Latest degree
Master
Other areas of specialty/work
Nursery
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Person responsible for scientific inquiries

Contact

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Position
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Latest degree
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Other areas of specialty/work
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Person responsible for updating data

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Sharing plan

Deidentified Individual Participant Data Set (IPD)
Undecided - It is not yet known if there will be a plan to make this available

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
Undecided - It is not yet known if there will be 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