Clinical Trial Protocol
Iranian Registry of Clinical Trials

09 Nov 2026

Investigating the effect of a spiritual care program through a virtual network on the psychological capital, academic adjustment and spiritual well being of first year nursing students

Protocol summary

Study aim

Determining the effect of a spiritual care program through a virtual network on psychological capital, academic adjustment and spiritual health of first year nursing students in 1401

Design

A clinical trial with a control group, with parallel, randomized groups, on 84 students. Random blocks were used for randomization.

Settings and conduct

The study is performed on first year nursing students of the School of Nursing and Midwifery of Isfahan University through a virtual network.

Participants/Inclusion and exclusion criteria

1. Undergraduate students in the 1st and 2nd semesters 2. Willingness to participate in the study (interested in participating in the research) 3. Internet access 4. Having a smart phone 5. Not having mental health problems or being treated for mental health problems (according to the student's self-declaration)

Intervention groups

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 The spiritual care program in this study has four areas of human beings . 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. Control group:There is no intervention and they only complete the questionnaires before and after the study.

Main outcome variables

Psychological capital, academic adjustment, spiritual health

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20111002007692N4**
Registration date: **2022-05-28, 1401/03/07**
Registration timing: **prospective**

Last update: **2022-05-28, 1401/03/07**
Update count: **0**

Registration date

2022-05-28, 1401/03/07

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

t_momeni@nm.mui.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2022-09-23, 1401/07/01

Expected recruitment end date

2023-03-21, 1402/01/01

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 a virtual network on the psychological capital, academic adjustment and spiritual well being of first year nursing students

Public title

Investigating the effect of a spiritual care program through a virtual network on the psychological capital, academic adjustment and spiritual well being

Purpose

Education/Guidance

Inclusion/Exclusion criteria

Inclusion criteria:

Undergraduate students in the 1st and 2nd semesters Willingness to participate in the study (interested in participating in research) Internet access Having a smart phone

Exclusion criteria:

Not having mental health problems or being treated for mental health problems (according to the student's self-declaration)

Age

No age limit

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **84**

Randomization (investigator's opinion)

Randomized

Randomization description

Randomization is a block with size 4. Randomization unit: individual. Random allocation software. Random chain hiding is done by placing student codes in opaque envelopes.

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 Nursing, Rehabilitation and Management schools- Isfahan University of

Street address

Isfahan University of Medical Sciences,Isfahan,Iran

City

Isfahan

Province

Isfehan

Postal code

81746-73461

Approval date

2022-05-02, 1401/02/12

Ethics committee reference number

IR.MUI.NUREMA.REC.1401.029

Health conditions studied

1

Description of health condition studied

Spiritual health and mental health

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description

Score from the Psychological Capital Questionnaire

Timepoint

Immediately before the intervention and three weeks after the start of the study

Method of measurement

Luthans Psychological Capital Questionnaires(PCQ)

Secondary outcomes

1

Description

Academic compatibility

Timepoint

Immediately before the intervention and three weeks after the start of the study

Method of measurement

Baker and Cyriac Academic Adjustment Questionnaire

Intervention groups

1

Description

"Intervention group": the intervention is performed for

six Online 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

2

Description

Control group: There is no intervention and only questionnaires before and after the study are completed by them.

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center

Faculty of Nursing and Midwifery, Isfahan University of Medical Sciences

Full name of responsible person

Tahere Momeni Ghale Ghasemi

Street address

Isfahan University of Medical Scienc, Hezar Jerib St.

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Isfehan

Postal code

81746-73461

Phone

+98 31 3668 0048

Email

t_momeni@nm.mui.ac.ir

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Esfahan University of Medical Sciences

Full name of responsible person

Dr. Mansour Siavash

Street address

Isfahan University of Medical Scienc, Hezar Jerib St.

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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

Esfahan 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 Ghale Ghasemi

Position

Faculty member of the Faculty of Nursing and Midwifery, Isfahan University of Medical Sciences

Latest degree

Master

Other areas of specialty/work

Nursery

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Person responsible for scientific

inquiries

Contact

Name of organization / entity
Esfahan University of Medical Sciences

Full name of responsible person
Tahere Momeni Ghale Ghasemi

Position
Faculty member of Isfahan University of Medical Sciences

Latest degree
Master

Other areas of specialty/work
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Person responsible for updating data

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Position
Faculty member of Isfahan University of Medical Sciences

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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