Clinical Trial Protocol
Iranian Registry of Clinical Trials

08 Nov 2026

The effect of spiritual intelligence based on heart intelligence training on the well-being of people who attempted suicide.

Protocol summary

Study aim
Investigating the effect of spiritual intelligence with heart intelligence training on the psychological well-being of people who attempted suicide Investigating the effect of spiritual intelligence with heart intelligence training in preventing suicide re-attempts after intervention

Design
Controlled single center clinical trial, with parallel groups, not blinded, randomized, phase I on 60 patients with a history of suicide attempt. A random number table will be used for randomization

Settings and conduct
This study will be performed in Loghman Hakim Educational and Medical Center. The control group will undergo routine psychiatric consultation and the intervention group will undergo routine psychiatric consultation plus online training course for spiritual intelligence based on heart intelligence for two month (three times a week). Patients mental health status will be examined by standard questionnaire (before and after the intervention) and the results of control and intervention groups will be compared. Furthermore, suicide re-attempt will be evaluated in two groups during six month follow-up.

Participants/Inclusion and exclusion criteria
The inclusion criteria include committing suicide and the patient's consent to participate in the study, and the exclusion criteria include not participating in three consecutive training sessions and unwillingness to continue participating in the study.

Intervention groups
Control group: Patients in this group will only undergo routine psychiatric consultation at the hospital before discharge. Intervention group: In addition to receiving routine psychiatric counseling in the hospital, the patients of this group will also be trained in spiritual intelligence based on heart intelligence.

Main outcome variables
Mental health status of patients and suicide re-attempt during six month follow-up

General information

Reason for update
Acronym
IRCT registration information
IRCT registration number: **IRCT20230221057474N1**
Registration date: **2023-02-23, 1401/12/04**
Registration timing: **prospective**

Last update: **2023-02-23, 1401/12/04**
Update count: **0**

Registration date
2023-02-23, 1401/12/04

Registrant information
Name
Haleh Talaie
Name of organization / entity
Country
Iran (Islamic Republic of)
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+98 21 5541 8175
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Recruitment status
Recruitment complete
Funding source

Expected recruitment start date
2023-04-04, 1402/01/15
Expected recruitment end date
2023-08-23, 1402/06/01
Actual recruitment start date
empty
Actual recruitment end date
empty
Trial completion date

empty

Scientific title
The effect of spiritual intelligence based on heart intelligence training on the well-being of people who attempted suicide.

Public title
The effect of spiritual intelligence in preventing suicide attempt

Purpose
Prevention

Inclusion/Exclusion criteria

Inclusion criteria:
A history of suicide attempts The patient's consent to participate in the study

Exclusion criteria:
Failure to participate in three consecutive training sessions Unwillingness to continue participating in the study

Age
No age limit

Gender
Both

Phase
0

Groups that have been masked
No information

Sample size
Target sample size: **60**

Randomization (investigator's opinion)
Randomized

Randomization description
A table of random numbers will be used. Random number tables are generated by computers that randomly set the numbers. First, a two-digit code (according to the number of volunteers, which is 60) is given to each candidate , and after creating the table, a random selection of numbers is made. To select sample people from the table, randomly start from a point in the table moving 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. Moving in the direction of the row or column does not make any difference and this is optional. After this, the path numbers are controlled, which will be dealt with two types of numbers, one of which is smaller than the volume of the population of the study and the other is larger than the number of the population. Only smaller numbers should be considered and selected. The selected number is actually the individual code that is selected as the sample. This should be continued until enough small number can be selected based on the number of volunteers. The first 30 numbers are patients who assigned to the control group and the second 30 numbers are patients who assigned to the intervention 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
Ethics Committee of Shahid Beheshti University of Medical Science

Street address
7th Floor, Building Number 2, Shahid Beheshti University of Medical Science , Arabi Avenue, Daneshjoo Boulevard, Velenjak, Tehran, Iran

City
Tehran

Province
Tehran

Postal code
19839-63113

Approval date
2023-02-20, 1401/12/01

Ethics committee reference number
IR.SBMU.RETECH.REC.1401.756

Health conditions studied

1

Description of health condition studied
Suicide

ICD-10 code
T14.91

ICD-10 code description
Suicide attempt

Primary outcomes

1

Description
The mental health status of patients before and after the intervention according to the standard questionnaires

Timepoint
The mental health status of the patients will be checked at the beginning of the study and after the completion of the training course (two-month period).

Method of measurement
Ryff scales of psychological well-being, King’s Spiritual Intelligence Scale (SISRI), Beck Scale for Suicidal Ideation (BSSI)

2

Description
Suicide re-attempts during the 6-month period of follow-

up

Timepoint

Re-attempting suicide will be investigated during the six-month follow-up period after the completion of the training course.

Method of measurement

Observation and contact with patients and family member

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: In addition to receiving routine psychiatric counseling in the hospital, the patients of this group will also be trained in spiritual intelligence based on heart intelligence.

Category

Other

2

Description

Control group: Patients in this group will only undergo routine psychiatric consultation at the hospital before discharge.

Category

Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Loghman Hakim Hospital

Full name of responsible person

Haleh Talaie

Street address

Toxicological Research Center, Loghman Hakim Hospital, Kamali Ave, South Kargar St, Tehran, Iran.

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

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Full name of responsible person

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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

Toxicological Research Center

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

Shahid Beheshti University of Medical Sciences

Full name of responsible person

Haleh Talaie

Position

Professor

Latest degree

Specialist

Other areas of specialty/work

Infectious diseases

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Person responsible for scientific inquiries

Contact

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Position
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Sharing plan

Deidentified Individual Participant Data Set (IPD)
Yes - There is a plan to make this available

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
Not applicable

Data Dictionary
Not applicable

Title and more details about the data/document
Only a part of the data, such as the information related to the main result can be shared.

When the data will become available and for how long
The access period starts after the publication of the last results

To whom data/document is available
University researchers

Under which criteria data/document could be used
The only criterion will be citing the name of principal investigators in resultant academic works

From where data/document is obtainable
By contacting principal investigators via this email: dr.talaie@gmail.com

What processes are involved for a request to access data/document
Sending the email by the requester including their academic position or business information

Comments