

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

10 Jun 2026

### Effects of Quranic Meditation on Anxiety and Stress level of Medical Students taking Viva Exams; A Randomized Control Trial

#### Protocol summary

##### Study aim

This study is aimed to determine the effect of short duration Quranic meditation on the level of stress and anxiety of medical students taking viva exam.

##### Design

community based, parallel group, single blind, randomized controlled trial 68 participants were randomized into two groups by simple lottery method of randomization.

##### Settings and conduct

The study was conducted at the department of physical therapy, Dar-ul-Shifa campus, Islamabad Pakistan. Participants were kept blinded, they were not informed that whether they are in experimental or control group. During lottery method they were just picking a folded paper and giving to the investigator. Investigator then allocating them in one of the two groups according to group written in folded paper.

##### Participants/Inclusion and exclusion criteria

All students between the ages of 17 to 24 years old who were scheduled to take the viva exam were included in the study. While students with any pre-diagnosed psychological issues or hearing impairments were excluded.

##### Intervention groups

The individuals of interventional group were meditated through listening Quranic recitation and the individuals of control group received meditation through different mobile applications such as 'Brain wave therapy' and 'Relieving sounds of stress'

##### Main outcome variables

Anxiety level (The scores of Beck Anxiety Inventory)  
Stress level (Through MUSE birds and MUSE points)

#### General information

##### Reason for update

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT20191107045358N1**

Registration date: **2019-12-29, 1398/10/08**

Registration timing: **retrospective**

Last update: **2019-12-29, 1398/10/08**

Update count: **0**

##### Registration date

2019-12-29, 1398/10/08

##### Registrant information

###### Name

Muhammad Ashar Rafi

###### Name of organization / entity

Shifa Tameer-e-Millat University

###### Country

Pakistan

###### Phone

+92 51 8441753

###### Email address

ashar.dpt@outlook.com

##### Recruitment status

**Recruitment complete**

##### Funding source

##### Expected recruitment start date

2019-02-01, 1397/11/12

##### Expected recruitment end date

2019-03-02, 1397/12/11

##### Actual recruitment start date

2019-02-01, 1397/11/12

##### Actual recruitment end date

2019-03-02, 1397/12/11

##### Trial completion date

2019-05-30, 1398/03/09

##### Scientific title

Effects of Quranic Meditation on Anxiety and Stress level of Medical Students taking Viva Exams; A Randomized Control Trial

**Public title**

Effect of Quranic Meditation in reducing stress and anxiety

**Purpose**

Education/Guidance

**Inclusion/Exclusion criteria****Inclusion criteria:**

Age between 17-24 years Both males and females  
Students taking viva exams

**Exclusion criteria:**

Students with psychological issues  
Students with hearing impairments

**Age**

From **17 years** old to **24 years** old

**Gender**

Both

**Phase**

N/A

**Groups that have been masked**

- Participant

**Sample size**

Target sample size: **68**

Actual sample size reached: **68**

**Randomization (investigator's opinion)**

Randomized

**Randomization description**

Individuals were equally distributed into interventional (Quranic Meditation) and control (Mobile app Meditation) groups, using the simple random sampling, lottery method in which participants were kept blinded.

**Blinding (investigator's opinion)**

Single blinded

**Blinding description**

Participants were kept blinded, they were not informed that whether they are in experimental or control group. During lottery method they were just picking a folded paper and giving to the investigator. Investigator then allocating them in one of the two groups according to group written in folded paper.

**Placebo**

Not used

**Assignment**

Parallel

**Other design features****Secondary Ids**

empty

**Ethics committees****1****Ethics committee****Name of ethics committee**

Institutional Review Board & Ethics Committee Shifa International Hospital (SIH)

**Street address**

Dar-ul-shifa CAmpus, Street # 03, Pitrus Bukhari Road. H-8/1. Islamabad.

**City**

Islamabad

**Postal code**

67337

**Approval date**

2109-03-01, 1487/12/10

**Ethics committee reference number**

1207-483-2018

**Health conditions studied****1****Description of health condition studied**

Anxiety and stress levels of medical students taking viva exams

**ICD-10 code**

F43.8

**ICD-10 code description**

Other reactions to severe stress

**Primary outcomes****1****Description**

Anxiety level

**Timepoint**

Before and after intervention

**Method of measurement**

Beck Anxiety Inventory (Questionnaire)

**2****Description**

Stress level

**Timepoint**

Before and After intervention

**Method of measurement**

Through MUSE device

**Secondary outcomes**

empty

**Intervention groups****1****Description**

Interventional group: The individuals of interventional group were meditated through listening Quranic recitation for 3 minutes before going into viva exam.

**Category**

Other

**2****Description**

Control group: The individuals of control group received meditation through different mobile applications such as 'Brain wave therapy' and 'Relieving sounds of stress' for

3 minutes before going into viva exam.

**Category**

Other

**Recruitment centers**

1

**Recruitment center**

**Name of recruitment center**

Shifa Tameer e Millat University

**Full name of responsible person**

Dr. Fouzia Batool

**Street address**

Dar-ul-shifa Campus, Street # 03, Pitrus Bukhari Road. H-8/1. Islamabad.

**City**

Islamabad

**Postal code**

67337

**Phone**

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**Email**

ashar.dpt@outlook.com

**Sponsors / Funding sources**

1

**Sponsor**

**Name of organization / entity**

Shifa Tameer e Millat University

**Full name of responsible person**

Dr. Fouzia Batool

**Street address**

Dar-ul-shifa CAmpus, Street # 03, Pitrus Bukhari Road. H-8/1. Islamabad.

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**Grant name**

Research grant

**Grant code / Reference number**

DPT/2019/02/08(A)

**Is the source of funding the same sponsor organization/entity?**

Yes

**Title of funding source**

Shifa Tameer e Millat University

**Proportion provided by this source**

100

**Public or private sector**

Private

**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**

Shifa Tameer e Millat University

**Full name of responsible person**

Dr. Fouzia Batool

**Position**

Assistant Professor/ In charge

**Latest degree**

Master

**Other areas of specialty/work**

Physiotherapy

**Street address**

Dar-ul-shifa CAmpus, Street # 03, Pitrus Bukhari Road. H-8/1. Islamabad.

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fouzia\_dpt.ahs@stmu.edu.pk

**Person responsible for scientific inquiries**

**Contact**

**Name of organization / entity**

Shifa Tameer e Millat University

**Full name of responsible person**

Dr. Hania Farheen

**Position**

Senior Lecturer / Head Research Committee

**Latest degree**

Master

**Other areas of specialty/work**

Physiotherapy

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**Person responsible for updating data**

**Contact**

**Name of organization / entity**

Shifa Tameer-e-Millat University

**Full name of responsible person**

Muhammad Ashar Rafi

**Position**

Lecturer

**Latest degree**

Master

**Other areas of specialty/work**

Physiotherapy

**Street address**

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**Province**

Federal

**Postal code**

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**Fax****Email**

ashar.dpt@outlook.com

**Sharing plan****Deidentified Individual Participant Data Set (IPD)**

Yes - There is 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**

Not applicable

**Title and more details about the data/document**

All data collected before and after meditation related to anxiety and stress level

**When the data will become available and for how long**

Starting just after publication

**To whom data/document is available**

Everyone related

**Under which criteria data/document could be used**

By asking from the author

**From where data/document is obtainable**

From corresponding author

**What processes are involved for a request to access data/document**

A formal request will be required

**Comments**