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# A study of a training program to enhance mental, emotional, and spiritual quotients and its impact on quality of life

**Submission date**
14/09/2025

**Recruitment status**
No longer recruiting

**Registration date**
16/09/2025

**Overall study status**
Completed

**Last Edited**
05/11/2026

**Condition category**
Other

[_] Prospectively registered
[_] Protocol
[_] Statistical analysis plan
[X] Results
[_] Individual participant data

## Plain English summary of protocol

Background and study aims
This study looked at whether a structured training program called the Mental, Emotional, and Spiritual Quotients (MES-Q) program could improve wellbeing and quality of life in adolescents and young adults. The MES-Q program was designed by the investigator over nearly 30 years of qualitative research, testing, and analysis, and further refined through four and a half years of quantitative testing and analysis. The aim was to see if strengthening mental, emotional, and spiritual abilities would lead to improvements in overall quality of life.

Who can participate?
Students and healthy volunteers aged 17 to 21 years were invited to take part. Both male and female participants were eligible. People were included if they were generally healthy, able to attend all sessions, and willing to give written informed consent.

What does the study involve?
Participants were randomly assigned to one of two groups.
-The intervention group attended the MES-Q training program. This consisted of six sessions, totalling 30 hours, and included lectures, experiential exercises, guided reflection, and meditation practices.
-The control group did not receive the training during the study period but completed the same assessments.

All participants completed questionnaires before and after the program to measure:
Mental Quotient (MQ) – positive mental health
Emotional Quotient (EQ) – emotional intelligence
Spiritual Quotient (SQ) – spiritual wellbeing
Quality of Life (QOL)
Data were analysed using IBM SPSS software, with three-way ANOVA used to test differences by group, gender, and age.

What are the possible benefits and risks of participating?
Benefits: Participants in the MES-Q program experienced significant improvements in mental, emotional, and spiritual quotients. These may help individuals build resilience, manage emotions, and strengthen spiritual wellbeing. Although quality of life did not improve significantly in the short term, it may take longer to show benefits, and further long-term studies are needed.
Risks: There were no known risks. Some participants may have found reflective exercises emotionally sensitive, but support was available if needed.

Where is the study run from?
The study was organised by M. L. Dahanukar College of Commerce, Mumbai, India. The program was conducted by the Association of Mindfulness and Interfaith Dialogue (AMID) in collaboration with the Rotaract Club.

When is the study starting, and how long is it expected to run for?
The study was conducted in December 2024. Data collection and analysis were completed within the same academic year.

Who is funding the study?
No external funding was received. The study was self-supported by the investigator.

Who is the main contact?
Principal Investigator:
Leena R. Prabhoo
Email: leena@path2prajna.com

# Contact information

### Type(s)
Public, Scientific, Principal investigator

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Ms Leena Prabhoo

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# Additional identifiers

# Study information

### Scientific Title

Mental, Emotional, and Spiritual Quotients (MES-Q) enhancement program versus control group for improving quality of life in adolescents and adults: a randomized controlled intervention study

## Study objectives

Hypothesis/aims:
Participation in the MES-Q enhancement training program will improve Quality of Life (QOL) and increase Mental, Emotional, and Spiritual Quotients compared with a control group.

Primary objective
To evaluate whether participation in the MES-Q enhancement training program improves Quality of Life compared with a control group in adolescents and adults.

Secondary objectives
1. To assess changes in Mental Quotient (MQ), Emotional Quotient (EQ), and Spiritual Quotient (SQ) following the MES-Q program.
2. To examine whether gender moderates the effects of the MES-Q training program.
3. To test whether age group influences intervention outcomes.

## Ethics approval required

Ethics approval required

## Ethics approval(s)

Approved 11/09/2025, M. L. Dahanukar College of Commerce (Dixit Road, Vile Parle (East), Mumbai, 400057, India; +91 22-35131629; mldc@rediffmail.com), ref: 11-09-2025

## Primary study design

Interventional

## Study design

Randomized controlled parallel group single-centre study with allocation concealment (blinded at allocation stage)

## Study type(s)

Efficacy, Prevention, Quality of life

## Health condition(s) or problem(s) studied

Mental health and well-being, emotional and spiritual development, and quality of life in adolescents and adults

## Interventions

Experimental group (Intervention):
Participants attended a structured 6-step MES-Q enhancement training program, delivered in 6 sessions totalling 30 hours. The program was developed by the investigator over nearly 30 years of qualitative research testing and analysis, and further validated through four and a half years of quantitative research, testing, and analysis. It integrates lectures, experiential exercises, guided reflection, and meditation techniques to enhance Mental Quotient (MQ), Emotional Quotient (EQ), and Spiritual Quotient (SQ). Sessions were conducted in both online and offline formats.

Control group (Comparator):
The control group did not receive the intervention during the study period but completed the same assessments as the intervention group.

Randomisation was carried out by the program coordinator and his team from the participating college. As they belonged to the host institution, they operated independently of the investigator and were responsible for allocating participants to either the intervention group (Group A) or the control group (Group B). Allocation was done using a simple random selection process, without reference to personal or academic characteristics, to ensure unbiased group assignment. At the time of allocation, neither the participants nor the investigator knew which group individuals were being assigned to, ensuring allocation concealment. Participants followed their assigned schedules without being told about the overall study design, and they were not aware that two groups existed, with one acting as the experimental group and the other as the control group.

### Intervention Type
Behavioural

### Primary outcome(s)
Quality of Life (QOL) assessed using the Quality of Life Scale (Sarika Sharma & Dr. Nakhat Nasreen, National Psychological Corporation, Agra, India) at baseline (pre-intervention) and post-intervention

### Key secondary outcome(s)
At baseline (pre-intervention) and post-intervention:
1. Mental Quotient (MQ) assessed using the Positive Mental Health Inventory (Dr. C. D. Agashe & Dr. R. D. Helode, NPC, Agra, India)
2. Emotional Quotient (EQ) measured using the Emotional Intelligence Scale (Dr. P. Srinivasan & Mr. K. Murugesan, NPC, Agra, India)
3. Spiritual Quotient (SQ) measured using the Spiritual Quotient Scale (Dr. Gurvinder Ahluwalia, Prof. N. K. Chadha, & Dr. Swati Sharmila Vohra; NPC, Agra, and CSU-Puri)

### Completion date
20/12/2024

## Eligibility

### Key inclusion criteria
1. Age: Adolescents (17–19 years) and adults (20 years and above)
2. Status: Students/learners recruited from the mentioned college
3. Health status: Healthy volunteers with no known severe psychiatric, neurological, or chronic medical conditions that would interfere with participation
4. Availability: Willing and able to attend the full program schedule (30 hours, 6 sessions)
5. Consent: Provided informed consent

### Participant type(s)
Healthy volunteer, Learner/student

### Healthy volunteers allowed
No

### Age group
Mixed

### Lower age limit
17 Years

### Upper age limit
21 Years

### Sex
All

### Total final enrolment
209

### Key exclusion criteria
1. Individuals with a diagnosed severe psychiatric disorder (e.g., major depression, psychosis, schizophrenia) or neurological illness
2. Individuals with a chronic medical condition likely to interfere with participation in the intervention or assessments
3. Those who had previously undertaken the MES-Q training program or similar structured interventions targeting MQ, EQ, SQ, or Quality of Life
4. Individuals unwilling or unable to commit to the full program schedule (30 hours, 6 sessions)
5. Those who declined to provide informed consent

### Date of first enrolment
01/12/2024

### Date of final enrolment
02/12/2024

## Locations

### Countries of recruitment
India

### Study participating centre
**M. L. Dahanukar College of Commerce**
Dixit Road, Vile Parle (East)
Mumbai
India
400057

## Sponsor information

**Organisation**
Parul University Faculty of Liberal Arts

# Funder(s)

**Funder type**
Other

**Funder Name**
Investigator initiated and funded

# Results and Publications

**Individual participant data (IPD) sharing plan**
De-identified participant data (baseline and post-intervention scores for MQ, EQ, SQ, and QOL) are available from the principal investigator (Leena R. Prabhoo, [leena@path2prajna.com]) on reasonable request, following publication of the main results.

**IPD sharing plan summary**
Available on request

**Study outputs**

| Output type | Details | Date created | Date added | Peer reviewed? | Patient-facing? |
|---|---|---|---|---|---|
| Preprint results | | 09/10/2025 | 05/11/2026 | No | No |