

Clinical Trial Protocol

Iranian Registry of Clinical Trials

16 Sep 2026

Investigation the effect of positive psychotherapy on psychological well-being

Protocol summary

Summary

The aim of current study is investigation the efficiency of positive psychotherapy in enhancing psychological well-being in students of Kermanshah University of Medical Sciences. This study is a pretest- post test study with control group. The research community is students of Kermanshah University of Medical Sciences and the required sample is 48 students. Inclusion criteria: ability and willingness to participate in study; receiving no kind of psychiatric treatments Exclusion criteria: having severe medical disease; psychiatric symptoms such as illusion and hallucination; drug abuse or dependency; personality disorder. Intervention group receive positive psychotherapy in 6 sessions in Kermanshah University of Medical Sciences. Psychological well-being scores evaluates before and after intervention.

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Email address

khsadeghi@kums.ac.ir

Recruitment status

Recruitment complete

Funding source

Kermanshah University of Medical Sciences

Expected recruitment start date

2012-09-22, 1391/07/01

Expected recruitment end date

2012-12-21, 1391/10/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2012111110063N2**

Registration date: **2013-07-13, 1392/04/22**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2013-07-13, 1392/04/22

Registrant information

Name

Kheirollah Sadeghi

Name of organization / entity

Kermanshah University of Medical Science

Country

Iran (Islamic Republic of)

Phone

Scientific title

Investigation the effect of positive psychotherapy on psychological well-being

Public title

Investigation the effect of positive psychotherapy on psychological well-being

Purpose

Prevention

Inclusion/Exclusion criteria

Inclusion criteria: ability and willingness to participate in study; receiving no kind of psychiatric treatments
Exclusion criteria: having severe medical disease; psychiatric symptoms such as illusion and hallucination; drug abuse or dependency; personality disorder

Age

No age limit

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: 48

Randomization (investigator's opinion)

Randomized

Randomization description**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**

Kermanshah University of Medical Sciences

Street address

Chancellery of Research & Technology Affairs,
building No.2, shahid beheshti blvd, Kermanshah

City

Kermanshah

Postal code**Approval date**

2012-08-08, 1391/05/18

Ethics committee reference number

7/420/19130 پ

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

psychological well-being

ICD-10 code

F99

ICD-10 code description

Mental disorder, not otherwise specified

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

psychological well-being

Timepoint

before intervention, one and three month after
intervention

Method of measurement

The Ryff Scale of Psychological Well-Being

Secondary outcomes

empty

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

Control group receive no kind of treatments.

Category

N/A

2**Description**

Intervention group: group positive psychotherapy,
duration: 6 session. any session 1-1.5 hour.

Category

Treatment - Other

Recruitment centers**1****Recruitment center****Name of recruitment center**

Kermanshah University of Medical Sciences

Full name of responsible person**Street address****City**

Kermanshah

Sponsors / Funding sources**1****Sponsor****Name of organization / entity**

Chancellery of Research & Technology Affairs of
Kermanshah University of Medical Sciences

Full name of responsible person

Mrs. Entezari

Street address

Chancellery of Research & Technology Affairs,
building No.2, shahid beheshti blvd, Kermanshah

City

Kermanshah

Grant name**Grant code / Reference number****Is the source of funding the same sponsor organization/entity?**

Yes

Title of funding source

Chancellery of Research & Technology Affairs of
Kermanshah University of Medical Sciences

Proportion provided by this source

100

Public or private sector

empty

Domestic or foreign origin

empty

Category of foreign source of funding*empty***Country of origin****Type of organization providing the funding***empty***Person responsible for general inquiries****Contact****Name of organization / entity**

Kermanshah University of Medical Sciences

Full name of responsible person

Hossein Arabi

Position

Postgraduate student of clinical psychology

Other areas of specialty/work**Street address**Room 150, Boston Enghelab Dormitory, In front of
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Web page address**Person responsible for updating data****Contact****Name of organization / entity**

Kermanshah University of Medical Sciences

Full name of responsible person

Hossein Arabi

Position

Postgraduate student of clinical psychology

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Web page address**Person responsible for scientific inquiries****Contact****Name of organization / entity**

Kermanshah University of Medical Sciences

Full name of responsible person

Kheirollah Sadeghi

Position

Assistant professor of psychology/ph.d

Other areas of specialty/work**Street address**Farabi Educational hospital, Dowlat Abad st., Isar
square, Kermanshah**City**

Kermanshah

Postal code**Sharing plan****Deidentified Individual Participant Data Set (IPD)***empty***Study Protocol***empty***Statistical Analysis Plan***empty***Informed Consent Form***empty***Clinical Study Report***empty***Analytic Code***empty***Data Dictionary***empty*