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.

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
+98 83 1826 0700
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

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 Imam Reza Hospital, Kermanshah
City
Kermanshah
Postal code
Phone
+98 83 1826 0700
Fax
Email
hosseinarabi87@gmail.com
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
6719851151
Phone
+98 83 1826 0700
Fax
Email
khsadeghi@kums.ac.ir
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
Other areas of specialty/work
Street address
Room 150, Boostan Enghelab Dormitory, In front of Imam Reza Hospital, Kermanshah
City
Kermanshah
Postal code
Phone
00
Fax
Email
hosseinarabi87@gmail.com
Web page address

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