

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

19 Jun 2026

### Investigation the effectiveness and non-effectiveness of educational intervention based on positive psychology on quality of life and happiness of women with unwanted pregnancies

#### Protocol summary

Registration timing: **registered\_while\_recruiting**

#### Summary

This study will be done with aim to investigate the effectiveness of educational intervention based on positive psychology on quality of life and happiness of women with unwanted pregnancies. This is a non-blinded clinical trial. The study population will be included all women with unwanted pregnancies in West Islamabad that 40 eligible pregnant women will be selected and randomly will be assigned into two experimental and control groups. Beginning of the study quality of life and happiness questionnaires will be provided for both groups. Intervention group in addition to usual care of center, will receive training based on positive psychology in 8 educational sessions (if necessary up to 10 sessions) 70-90 Minutes, one session for every week. The control group just will receive the usual care of center. End of the study, and 45 days after the end of the study, quality of life and happiness questionnaires will be provided for both groups and both groups will be compared. Inclusion criteria: Unwanted pregnancy until the twentieth week of gestational age; No history of infertility; Lack of pregnancy complications; Lack of diagnosed physical and mental illness; Independent of the participant or his wife to drug and psychotropic substances; Residence in West Islamabad; No participation in similar training sessions; At least educational level at end of the primary school. Exclusion criteria: More than two sessions lack of participation in training sessions; Withdrew to participate in the study; Abortion or termination of pregnancy during the study

Last update:

Update count: **0**

#### Registration date

2017-04-02, 1396/01/13

#### Registrant information

##### Name

Feizollah Foroughi

##### Name of organization / entity

kermanshah University of Medical Sciences

##### Country

Iran (Islamic Republic of)

##### Phone

+98 83 1821 4653

##### Email address

froughi@kums.ac.ir

#### Recruitment status

**Recruitment complete**

#### Funding source

Vice Chancellor for Research Affairs, Kermanshah University of Medical Sciences

#### Expected recruitment start date

2017-03-15, 1395/12/25

#### Expected recruitment end date

2017-07-01, 1396/04/10

#### Actual recruitment start date

empty

#### Actual recruitment end date

empty

#### Trial completion date

empty

#### Scientific title

Investigation the effectiveness and non-effectiveness of educational intervention based on positive psychology on

#### General information

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT2017030714333N70**

Registration date: **2017-04-02, 1396/01/13**

quality of life and happiness of women with unwanted pregnancies

**Public title**

The effectiveness of educational intervention based on positive psychology on quality of life and happiness of women with unwanted pregnancies

**Purpose**

Treatment

**Inclusion/Exclusion criteria**

Inclusion criteria: Unwanted pregnancy until the twentieth week of gestational age; No history of infertility; Lack of pregnancy complications; Lack of diagnosed physical and mental illness; Independent of the participant or his wife to drug and psychotropic substances; Residence in West Islamabad; No participation in similar training sessions; At least educational level at end of the primary school. Exclusion criteria: More than two sessions lack of participation in training sessions; Withdrew to participate in the study; Abortion or termination of pregnancy during the study

**Age**

From **15 years** old to **45 years** old

**Gender**

Female

**Phase**

N/A

**Groups that have been masked**

*No information*

**Sample size**

Target sample size: **40**

**Randomization (investigator's opinion)**

Randomized

**Randomization description****Blinding (investigator's opinion)**

Not blinded

**Blinding description****Placebo**

Not used

**Assignment**

Parallel

**Other design features**

Randomly by tossing coin

**Secondary Ids**

empty

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

Ethics committee of Kermanshah University of Medical Sciences

**Street address**

Building No.2, ShahidBeheshti, Vice Chancellor for Research Affairs, Kermanshah University of Medical Sciences

**City**

Kermanshah

**Postal code****Approval date**

2017-02-22, 1395/12/04

**Ethics committee reference number**

kums.rec.1395.717

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

Quality of life

**ICD-10 code**

z34.8

**ICD-10 code description**

Supervision of other normal pregnancy

**2****Description of health condition studied**

Happiness

**ICD-10 code**

f30-f39

**ICD-10 code description**

Mood [affective] disorders

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

Happiness

**Timepoint**

The beginning of the study, end of the study and 45 days after the end of the study

**Method of measurement**

According to the Oxford Happiness Inventory (OHI)

**2****Description**

Quality of life

**Timepoint**

The beginning of the study, end of the study and 45 days after the end of the study

**Method of measurement**

Based on the quality of life questionnaire (SF-36)

**Secondary outcomes**

empty

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

Intervention group in addition to usual care of center, will receive training based on positive psychology in 8 educational sessions (if necessary up to 10 sessions) 70-90 Minutes, one session for every week.

**Category**

Other

**2**

**Description**

The control group just will receive the usual care of center.

**Category**

Other

**Recruitment centers**

**1**

**Recruitment center**

**Name of recruitment center**

Health centers in Islamabad Gharb

**Full name of responsible person**

Zahra Rastad

**Street address**

Eslamabad Gharb

**City**

Eslamabad Gharb

**Sponsors / Funding sources**

**1**

**Sponsor**

**Name of organization / entity**

Vice chancellor for research, Kermanshah University of Medical Sciences

**Full name of responsible person**

Koroush Hamzehee

**Street address**

Building No.2, Shahid Beheshti, Vice Chancellor for Research Affairs, Kermanshah University of Medical Sciences

**City**

Kermanshah

**Grant name**

**Grant code / Reference number**

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

Yes

**Title of funding source**

Vice chancellor for research, 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**

Zahra Rastad

**Position**

MA Student of consultation in midwifery

**Other areas of specialty/work**

**Street address**

School of Nursing & Midwifery, First of Dolatabad Boulevard,Eisar Square

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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**

Dr. Marzieh Kaboudi

**Position**

Ph.D. in Reproductive Health

**Other areas of specialty/work**

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**Name of organization / entity**

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Zahra Rastad

**Position**

MA Student of consultation in midwifery

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**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*