

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)

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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

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Person responsible for scientific inquiries

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Ph.D. in Reproductive Health

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Person responsible for updating data

Contact

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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