

Clinical Trial Protocol

Iranian Registry of Clinical Trials

16 Sep 2026

Comparing the effectiveness of a positive training package and a cognitive behavioral training program on symptoms of depression, anxiety, stress and life satisfaction in adolescent girls

Protocol summary

Summary

This study was designed to compare the effectiveness of a positive training package and a cognitive behavioral training program on symptoms of depression, anxiety, stress and life satisfaction in adolescent girls. Inclusion criteria were being a student of the first grade of high school and having mild or moderate symptoms of depression, anxiety or stress. Exclusion criterion was being absent more than four sessions of educational classes. Using available sampling method, 46 girls were selected and assigned randomly in three groups of cognitive behavioral, positive and a control group. Cognitive behavioral and positive training were conducted separately in schools each lasting for eleven weekly sessions of two hours duration. The control group was given no training at all.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2013120815711N1**
Registration date: **2013-12-27, 1392/10/06**
Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2013-12-27, 1392/10/06

Registrant information

Name

Mahsa Jabbari

Name of organization / entity

Shahid Beheshti University

Country

Iran (Islamic Republic of)

Phone

+98 21 2243 1687

Email address

jabari.mahsa@gmail.com

Recruitment status

Recruitment complete

Funding source

Shahid Beheshti University

Expected recruitment start date

2012-11-10, 1391/08/20

Expected recruitment end date

2013-10-12, 1392/07/20

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Comparing the effectiveness of a positive training package and a cognitive behavioral training program on symptoms of depression, anxiety, stress and life satisfaction in adolescent girls

Public title

Comparing the effectiveness of a positive training package and a cognitive behavioral training program on symptoms of depression, anxiety, stress and life satisfaction in adolescent girls

Purpose

Prevention

Inclusion/Exclusion criteria

Inclusion criteria: Being a student of the first grade of high school; having mild or moderate symptoms of depression, anxiety or stress; not receiving psychological services and psychotherapies during this study; not having psychological disorders especially psychotic

disorders, disruptive behavior and attention deficit.
Exclusion criteria: Being absent more than four sessions of educational classes.

Age

From **14 years** old to **15 years** old

Gender

Female

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **46**

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

Shahid Beheshti University

Street address

Educational and Psychological Faculty, Shahid Beheshti University, Daneshjoo Boulevard, Yaman Street, Shahid Chamran Highway.

City

Tehran

Postal code

Approval date

2012-02-04, 1390/11/15

Ethics committee reference number

760/9524/3

Health conditions studied

1

Description of health condition studied

Depression Symptoms

ICD-10 code

F32.0

ICD-10 code description

Mild depressive episode

2

Description of health condition studied

Anxiety Symptoms

ICD-10 code

F41.1

ICD-10 code description

Generalized anxiety disorder

Primary outcomes

1

Description

Happiness

Timepoint

Before intervention, After intervention, 4 months after intervention, 9 months after intervention

Method of measurement

Oxford Happiness Inventory (OHI)

2

Description

Dysfunctional attitudes

Timepoint

Before intervention, After intervention, 4 months after intervention, 9 months after intervention

Method of measurement

Dysfunctional Attitude Scale (DAS)

3

Description

Depression symptoms

Timepoint

Before intervention, After intervention, 4 months after intervention, 9 months after intervention

Method of measurement

DASS21 Questionnaire

4

Description

Stress symptoms

Timepoint

Before intervention, After intervention, 4 months after intervention, 9 months after intervention

Method of measurement

DASS21 Questionnaire

5

Description

Anxiety symptoms

Timepoint

Before intervention, After intervention, 4 months after intervention, 9 months after intervention

Method of measurement

DASS21 Questionnaire

6

Description

Satisfaction with life

Timepoint

Before intervention, After intervention, 4 months after intervention, 9 months after intervention

Method of measurement

Satisfaction with Life Scale (SWLS)

Secondary outcomes

empty

Intervention groups

1

Description

Cognitive behavioral intervention: Cognitive behavioral training was given to the experimental group, which consisted of eleven weekly sessions of two hours duration each.

Category

Prevention

2

Description

control Group: The control group was given no training during the intervention (3 months).

Category

N/A

3

Description

Positive intervention: Positive training was given to the experimental group, which consisted of eleven weekly sessions of two hours duration each.

Category

Prevention

Recruitment centers

1

Recruitment center

Name of recruitment center

Nedaye Reihane High School

Full name of responsible person

Mahsa Jabbari

Street address

N. 19, Parvin Alley, Araj Street, Aghdasie Street.

City

Tehran

2

Recruitment center

Name of recruitment center

Farhang High School

Full name of responsible person

Mahsa Jabbari

Street address

N. 19, Parvin Alley, Araj Street, Aghdasie Street.

City

Tehran

3

Recruitment center

Name of recruitment center

Meshkat High School

Full name of responsible person

Mahsa Jabbari

Street address

N. 19, Parvin Alley, Araj Street, Aghdasie Street.

City

Tehran

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Shahid Beheshti University

Full name of responsible person

Mohammad Ghahramani

Street address

Educational and Psychological Faculty, Shahid Beheshti University, Daneshjoo Boulevard, Yaman Street, Shahid Chamran Highway.

City

Tehran

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Shahid Beheshti University

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

Shahid Behshti University

Full name of responsible person

Mahsa Jabbari

Position

MA Clinical Child and Adolescent Psychologist

Other areas of specialty/work

Street address

N. 19, Parvin Alley, Araj Street, Aghdasie Street.

City

Tehran

Postal code**Phone**

+98 21 2298 1201

Fax**Email**

jabari.mahsa@gmail.com

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

Shahid Beheshti University

Full name of responsible person

Mahsa Jabbari

Position

MA Clinical Child and Adolescent Psychologist

Other areas of specialty/work**Street address**

N. 19, Parvin Alley, Araj Street, Aghdasie Street.

City

Tehran

Postal code**Phone**

+98 21 2298 1201

Fax**Email**

jabari.mahsa@gmail.com

Web page address**Person responsible for updating data****Contact****Name of organization / entity**

Shahid Beheshti University

Full name of responsible person

Mahsa Jabbari

Position

MA Clinical Child and Adolescent Psychologist

Other areas of specialty/work**Street address**

N. 19, Parvin Alley, Araj Street, Aghdasie Street.

City

Tehran

Postal code**Phone**

+98 21 2298 1201

Fax**Email**

jabari.mahsa@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