

Clinical Trial Protocol

Iranian Registry of Clinical Trials

28 Sep 2026

The effect of happy and sad emotions on food intake and blood levels of cortisol and ghrelin hormones among university student girls

Protocol summary

Summary

Objectives: This study aimed to investigate the effect of happiness and sadness on food intake, serum levels of cortisol and ghrelin hormones in female students.

Design: Seventy two female students from the Ahvaz Jundishapur University of Medical Sciences, with age ranges 18 to 30 years, normal body mass index and lack of mental or other diseases will enter in a randomized study with a parallel design, those who follow a special diet will be excluded from the study. Demographic information, dietary patterns and eating behaviors will complete by interview from participants and then people divided into two groups with block randomized method.

Intervention: The first group will watch funny videos to induce happiness and the second group will watch sad film. Main outcome measures: Subjects can choose to eat healthy (bananas,tamarind) or unhealthy (cakes, chips) snacks, that will be given to them. Before and after the intervention, blood samples were given and serum levels of ghrelin and cortisol hormones will be investigated.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2016103016123N10**

Registration date: **2017-03-08, 1395/12/18**

Registration timing: **registered_while_recruiting**

Last update:

Update count: **0**

Registration date

2017-03-08, 1395/12/18

Registrant information

Name

Sima Jafarirad

Name of organization / entity

Ahvaz Jundishapur University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

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Email address

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Recruitment status

Recruitment complete

Funding source

Vice Chancellor for Research and Technology, Ahvaz Jundishapur University of Medical Sciences

Expected recruitment start date

2017-02-08, 1395/11/20

Expected recruitment end date

2017-04-30, 1396/02/10

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of happy and sad emotions on food intake and blood levels of cortisol and ghrelin hormones among university student girls

Public title

The effect of happy and sad emotions on food intake and blood levels of cortisol and ghrelin

Purpose

Other

Inclusion/Exclusion criteria

inclusion criteria:studing student,iranian student,age from18-30 years,No history of depression and mood disorders and mental illness resolutions or Other underlying disease,Having a body mass index in the normal range,Failure to follow the special diet exclusion

criteria: new Acceptance, Approaching the menstrual cycle, Having food allergies Lack of compliance and failure to cooperate fully in the scheme in question

Age

From **18 years** old to **30 years** old

Gender

Female

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **72**

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

Ahvaz Jundishapur University of Medical Sciences

Street address

Ahvaz Jundishapur University of Medical Sciences,
Golestan St, Ahvaz, Iran

City

Ahvaz

Postal code

Approval date

2016-12-30, 1395/10/10

Ethics committee reference number

IR.AJUMSNS.REC.1395.77

Health conditions studied

1

Description of health condition studied

healthy subjects

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description

Calorie intake

Timepoint

After intervention

Method of measurement

gram of food intake

2

Description

Ghrelin hormone

Timepoint

Before and after the intervention

Method of measurement

serum level

3

Description

Cortisol

Timepoint

before and after the intervention

Method of measurement

serum level

Secondary outcomes

empty

Intervention groups

1

Description

Intervention 1: funny movie to induce happiness

Category

Behavior

2

Description

Intervention 2: Drama films to induce sadness

Category

Behavior

Recruitment centers

1

Recruitment center

Name of recruitment center

Ahvaz Jundishapur University of Medical Sciences

Full name of responsible person

Street address

City

Ahvaz

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Vice Chancellor for Research and Technology, Ahvaz
Jundishapur University of Medical Sciences

Full name of responsible person

Dr.Makhmalzadeh

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Ahvaz Jundishapur University of Medical Sciences,
Golestan

City

Ahvaz

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 and Technology, Ahvaz
Jundishapur 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

Ahvaz Jundishapur University of Medical Sciences

Full name of responsible person

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Position

Ph.D

Other areas of specialty/work

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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