

Clinical Trial Protocol

Iranian Registry of Clinical Trials

01 Jul 2026

Determine the effectiveness of group hope therapy on emotional cognitive regulation, subjective well-being and social support of patients with HIV+

Protocol summary

Summary

The purpose of this study is to determine effectiveness of group hope therapy on emotional cognitive regulation, subjective well-being and social support of patients with HIV+ in two experimental and control groups. Inclusion and exclusion criteria are: diagnosis as HIV infection, the ability to participate in group therapy sessions, not more than two absences in sessions. The study population includes all the people infected with AIDS virus (HIV +) who referred to counseling and treatment center of behavioral disorders in Tabriz. Number of case for HIV-positive people in the above center that is the only AIDS counseling center was 400 cases. Sampling method was convenience method, which is routine procedure in clinical trials. Total of 30 participants that have entry criteria will be selected, then they will be placed randomly in one of the two groups (control group and experimental group). Number of subjects in each group would be 15 people. Hope therapy sessions will be conducted on the experimental group in eight sessions and each session last 90 minutes. The control group did not receive any intervention. The primary outcomes of the study will include the three variables of emotion cognitive regulation, social support and subjective well-being.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2014021616602N1**

Registration date: **2014-03-19, 1392/12/28**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2014-03-19, 1392/12/28

Registrant information

Name

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Name of organization / entity

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Recruitment status

Recruitment complete

Funding source

Research project of Social Development & Health Promotion Research Center, Gonabad University of Medical Sciences

Expected recruitment start date

2014-02-20, 1392/12/01

Expected recruitment end date

2014-03-06, 1392/12/15

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Determine the effectiveness of group hope therapy on emotional cognitive regulation, subjective well-being and social support of patients with HIV+

Public title

The effectiveness of group hope therapy on HIV-positive patients

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria: Age between 15 to 55 years, diagnosis as HIV infection, non-psychotic drugs, the ability to participate in group therapy sessions. Exclusion criteria: not more than two absences in sessions.

Age

From **15 years** old to **55 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **30**

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**

Social Development & Health Promotion Research Center, Gonabad University of Medical Sciences

Street address

PO Box 397, Asian road marginal, Social Development & Health Promotion Research Center, Gonabad University of Medical Sciences, Gonabad, Khorasan Razavi

City

Gonabad

Postal code

9691793718

Approval date

2014-02-14, 1392/11/25

Ethics committee reference number

10

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

HIV

ICD-10 code

B20, B21,

ICD-10 code description

Human immunodeficiency virus [HIV] disease

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

emotional cognitive regulation

Timepoint

Before intervention and two months after start of intervention

Method of measurement

cognitive emotion regulation questionnaire

2**Description**

Subjective Well-being

Timepoint

Before intervention and two months after start of intervention

Method of measurement

Psychological Well-being Questionnaire Reef

3**Description**

Social Support

Timepoint

Before intervention and two months after start of intervention

Method of measurement

Social Support Questionnaire

Secondary outcomes

empty

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

Process of group hope therapy will be done on the experimental group in eight sessions and 90 minutes. As follows: Session one: Introduction of hope and its aspects, defining objectives and constraints. Session Two: Introduction of objectives and its variants as a part of process raise of hope, create a structure for discovery purposes. Third Session: Provision of strategies for setting clear objectives and practical at different levels prefers their goals to sub-goals. Forth Session: Prepare a list of goals, prioritize them and choose a target for working in group. Fifth Session: Understanding the ways to raise motivation and mental and physical willpower in pursuing objectives hope role in enhancing mood and reduce feelings of hopelessness. Sixth Session: Understanding the positive emotions and negative emotions, negative emotions play a role in maintaining

the disorder in emotion regulation, the use of positive emotions. Session Seventh: Using the continuum of progress for evaluation process of target and feedback tracking, understanding the ways to overcome obstacles and challenges. Session Eighth: tracing the relationship between thinking and positive feelings associated with reaching the goal of in raising hope, summary of meetings.

Category

Behavior

2

Description

The control group did not receive any intervention.

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center

Center of counseling and treatment of behavioral diseases

Full name of responsible person

Mr doctor Ghahramani

Street address

Building No. 10, Number 24, Ave Bahar, Opposite Women Park, Center of counseling and treatment of behavioral diseases, Tabriz

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

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Full name of responsible person

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Grant name

Grant code / Reference number

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

Yes

Title of funding source

Social Development & Health Promotion Research Center

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

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Full name of responsible person

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Position

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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