

# 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

Vahid Ataie Moghanloo

###### Name of organization / entity

Payam Noor University of Parsabad Moghan

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Iran (Islamic Republic of)

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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

**City**

Tabriz

**Sponsors / Funding sources**

**1**

**Sponsor**

**Name of organization / entity**

Social Development & Health Promotion Research Center

**Full name of responsible person**

Dr. Mehdi Moshki

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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**

Tabriz University

**Full name of responsible person**

Roghayeh Ataie Moghanloo

**Position**

Graduate student in General Psychology

**Other areas of specialty/work**

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## Person responsible for updating data

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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*