

Clinical Trial Protocol

Iranian Registry of Clinical Trials

30 Jun 2026

A study of the effectiveness of group positive psychotherapy on general well-being, life expectancy and general health in people with type 2 diabetes

Protocol summary

Summary

The present study, aimed to investigation of the effect of optimism group psychotherapy on psychological status in patients with type two diabetes looks for low-cost and effective method of treatment for increasing mental health in these patients. This study is a randomized clinical trial. The subjects include patients with type 2 diabetes who are treated in diabetes centers in Kermanshah in 2013-14. Sampling method is purposive. After an explanation on the way of implementing the study and reconciling patients to participate in research, they are considered for interview. Inclusion criteria are stricken type 2 diabetes for at least 6 months. Inclusion criteria are treatment of other psychiatric illness. After 30 selection, they were randomly divided into two groups: an experimental group (15 case) of optimism group psychotherapy and a control group (15 case) while the participants in each group continue their routine treatment, the experimental group relieve optimism psychotherapy treatment for six sessions (90 minutes a week) and control groups relieve nothing. Participants answer the question of General well-being, Life Expectancy and General Health before the first and last session of treatment.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2014022816771N1**
Registration date: **2014-06-02, 1393/03/12**
Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2014-06-02, 1393/03/12

Registrant information

Name

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Name of organization / entity

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Recruitment status

Recruitment complete

Funding source

Kermanshah University of Medical Science, Kermanshah, Iran

Expected recruitment start date

2014-03-23, 1393/01/03

Expected recruitment end date

2014-05-26, 1393/03/05

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

A study of the effectiveness of group positive psychotherapy on general well-being, life expectancy and general health in people with type 2 diabetes

Public title

Effectiveness of group positive psychotherapy on mental health in people with type 2 diabetes

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria: stricken type 2 diabetes for at least 6 months; having the age of 30-55. Inclusion criteria: having a history of severe mental illness; concurrent treatment of other psychiatric illness.

Age

From **30 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

Kermanshah University of Medical Science

Street address

Iran, Yazd, Seyed Golesorkh Street, Before the Great Mosque of Shah Abu'Ighasem, No 13.

City

Yazd

Postal code

8919973863

Approval date

2014-05-03, 1393/02/13

Ethics committee reference number

4446

Health conditions studied

1

Description of health condition studied

Non-insulin-dependent diabetes mellitus

ICD-10 code

E11

ICD-10 code description

Non-insulin-dependent diabetes mellitus

Primary outcomes

1

Description

General health & General health

Timepoint

two months

Method of measurement

General health & General health Questionnaires

Secondary outcomes

1

Description

Life Expectancy

Timepoint

two months

Method of measurement

Life Expectancy questionnair

Intervention groups

1

Description

Intervention: Optimism group psychotherapy is implemented during 6 sessions for 6 weeks and each one last 90minutes. The group consists of approximately ten persons and one manager. During the experimental period, subjects do the exercises in worksheets during each session.

Category

Lifestyle

2

Description

Control: No treatment

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center

Diabetes Center of Kermanshah

Full name of responsible person

Kheirollah sadeghi

Street address

Kermanshah University of Medical Science

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Kermanshah

Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Kermanshah University of Medical Science
Full name of responsible person
Seyed Mojtaba Ahmadi
Street address
Kermanshah
City
Kermanshah
Grant name
1393/02/13
Grant code / Reference number
4446
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
Kermanshah University of Medical Science
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

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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