

Clinical Trial Protocol

Iranian Registry of Clinical Trials

16 Sep 2026

The effectiveness of positive psychotherapy on enhancing well-being and glycemic reduction of patients with type 2 diabetes

Protocol summary

Summary

The present study is searching new and inexpensive therapeutic method to enhance diabetic's health by supposing the effectiveness of positive psychotherapy on mental well-being and glycemic reduction of patients with type 2 diabetes. In this clinical-trial study, 30 type 2 diabetic patients of Yazd Diabetes Research Center are selected randomly and put them in two groups of group positive psychotherapy and clinical control group. While participants of both groups continued their drug therapy, the intervention group received 7 sessions (90 minutes per week) group positive psychotherapy and control group received none. Data are gathered before intervention and two weeks after intervention. Data are gathered by Demographic Questionnaire, General Well-being Questionnaire (GWB) and glycemic test (HbA1c). SPSS-16 software, Kolmogorov-Smirnov Test, Chi-square and MANCOVA are used for analyzing data.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2015102916771N2**

Registration date: **2015-12-21, 1394/09/30**

Registration timing: **registered_while_recruiting**

Last update:

Update count: **0**

Registration date

2015-12-21, 1394/09/30

Registrant information

Name

Mohammad Hossein Sorbi

Name of organization / entity

Kermanshah University of Medical Science

Country

Iran (Islamic Republic of)

Phone

+98 35 3621 1306

Email address

mhosseinsorbi@kums.ac.ir

Recruitment status

Recruitment complete

Funding source

Yazd Diabetes Research Center

Expected recruitment start date

2015-06-10, 1394/03/20

Expected recruitment end date

2016-02-09, 1394/11/20

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effectiveness of positive psychotherapy on enhancing well-being and glycemic reduction of patients with type 2 diabetes

Public title

The effectiveness of positive psychotherapy on enhancing well-being and glycemic reduction of patients with type 2 diabetes: Clinical trial

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria: stricken type 2 diabetes for at least 6 months; having the age of 30-55. Exclusion 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

Other

Other design features**Secondary Ids**

empty

Ethics committees**1****Ethics committee****Name of ethics committee**

Shahid Sadoughi University of Medical Sciences, Yazd

Street addressBahonar street, Shahid Sadoughi University of
Medical Sciences, Yazd**City**

Yazd

Postal code**Approval date**

2015-06-22, 1394/04/01

Ethics committee reference number

lr.ssu.rec.1394.59

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**

Well-being & glycemic

Timepoint

Before and after the intervention

Method of measurement

Well-being questionnaire& HbA1c

Secondary outcomes

empty

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

Intervention: Optimism group psychotherapy is implemented during 7 sessions for 8 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

Behavior

2**Description**

Control: No treatment

Category

N/A

Recruitment centers**1****Recruitment center****Name of recruitment center**

Yazd Diabetes Research Center

Full name of responsible person

Dr. Masoud Rahmanian

Street address

Yazd Diabetes Research Center, Bahonar street

City

Yazd

Sponsors / Funding sources**1****Sponsor****Name of organization / entity**

Shahid Sadoghi University of Medical Sciences

Full name of responsible person

Dr. Mohammad Reza Mirjalili

Street address

Yazd

City

Yazd

Grant name**Grant code / Reference number****Is the source of funding the same sponsor organization/entity?**

Yes

Title of funding source

Shahid Sadoghi 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

Yazd
Postal code
Phone
+98 35 3724 2666
Fax
Email
reihane.azizi@yahoo.com
Web page address

Person responsible for general inquiries

Contact

Name of organization / entity
Kermanshah University of Medical science
Full name of responsible person
Mohammad Hossein Sorbi
Position
Master of Science
Other areas of specialty/work
Street address
Seyed Gole Sorkh Street, Shah abolghasem, No 13
City
Yazd
Postal code
Phone
+98 35 3621 1306
Fax
Email
sorbih@yahoo.com
Web page address

Person responsible for scientific inquiries

Contact

Name of organization / entity
Shahid Sadoghi University of Medical Sciences
Full name of responsible person
Rahele Azizi
Position
MD
Other areas of specialty/work
Street address
Shahid Sadoghi University of Medical Sciences,
Bahonar Street
City

Person responsible for updating data

Contact

Name of organization / entity
Kermanshah University of Medical Sciences
Full name of responsible person
Mohammad Hossein Sorbi
Position
Mater of Science
Other areas of specialty/work
Street address
Seyed Gole Sorkh Street, Shahe abolghasem, No 13
City
Yazd
Postal code
Phone
+98 35 3621 1306
Fax
Email
sorbih@yahoo.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