Clinical Trial Protocol
Iranian Registry of Clinical Trials

17 Sep 2026

Effectiveness of group psychotherapy based on positive psychology on hopefulness and happiness in patients with major depression disorder

Protocol summary

Study aim

To determine the effect of group therapy based on positive psychology and happiness hope for patients with major depressive disorder Design

Design

In this research, 64 eligible patients referring to Yasuj Martyr Rajaee neurology and psychiatry Hospital with major depressive disorder were chosen.Participants divided into two groups of intervention and control. group allocation was concealed by assigning a unique code to each participants.

Settings and conduct

randomized, without placebo control.

Participants/Inclusion and exclusion criteria

inclusion criteria : patients with a diagnosis of major depression were given to them, hey are enrolled with their consent, 2-3 weeks after the patient's admission, Aged over 15 years old, Having reading and writing skills ,According to the Oxford questionnaire, their happiness score is less than 43, Based on the Beck Depression Inventory score between 28- 20 is depressed, Based on the Schneider Hope Score, their hopes score is less than 50. exclusion criteria: Unwillingness to continue cooperation for any reason ,Deficiencies and difficulties in completing the questionnaires, Having a disabling disease, death or transfer from the psychiatric hospital of Martyr Rajaei Yasuj to another city hospital

Intervention groups

For the intervention group, 8 sessions of 90 minutes were held at the following positions:first meeting aims: Introduction to group together and explain the nature and objectives of this program, the run-time performance and meet members' questions The second session aims to: identify the strengths of the members of the third session of the goal: to create positive feelings of empowerment Fourth session Objective: to understand the good and bad emotions Fifth Session objectives: understanding of its capabilities from the perspective of others. Sixth Session objective: Introduction to the concept of hope optimism and its role in mental health. seventh session objective: Introduction to the concept of forgiveness and gratitude, prepare patients for the end of meetings. Eighth session Objective: Wrap and get early feedback from member The control group did not receive any intervention.

Main outcome variables

hope; happiness

General information

Reason for update

Complete the research project and publish the article

Acronym

IRCT registration information

IRCT registration number: **IRCT2015101824582N1**
Registration date: **2016-01-29, 1394/11/09**
Registration timing: **registered_while_recruiting**

Last update: **2020-02-25, 1398/12/06**
Update count: **1**

Registration date

2016-01-29, 1394/11/09

Registrant information

Name
Tahereh Abdian
Name of organization / entity
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Iran (Islamic Republic of)
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Recruitment status

Recruitment complete

Funding source

Vice chancellor for research, Yasouj University of Medical Sciences

Expected recruitment start date
2015-10-26, 1394/08/04
Expected recruitment end date
2015-11-25, 1394/09/04
Actual recruitment start date
2015-10-26, 1394/08/04
Actual recruitment end date
2016-02-19, 1394/11/30
Trial completion date
2016-06-19, 1395/03/30

Scientific title
Effectiveness of group psychotherapy based on positive psychology on hopefulness and happiness in patients with major depression disorder

Public title
Positive effects of the hope and happiness of depressed patients
Purpose
Supportive
Inclusion/Exclusion criteria
Inclusion criteria:
Patient according to psychiatrist diagnosis and Diagnostic and Statistical Manual of Psychiatrists America is depressed. 2-3 weeks from the time the last patient is hospitalized Relish have to participate in the study Adults over 15 years Ability to read and write Oxford Happiness Questionnaire score is based on less than 43 According to Beck Depression Inventory score between 20-28 is depression; Based on the questionnaire hope Snyder between 50
Exclusion criteria:
not wanting to continue collaborating in the study Partially completed questionnaire Immigration or travel
Age
No age limit
Gender
Both

Phase
N/A
Groups that have been masked
No information
Sample size
Target sample size: **64**
Actual sample size reached: **64**
Randomization (investigator's opinion)
Not randomized
Randomization description
Blinding (investigator's opinion)
Not blinded
Blinding description
Placebo
Not used
Assignment
Parallel
Other design features
The intervention group , the control group to be formed

Secondary Ids

empty

Ethics committees

1

Ethics committee
Name of ethics committee
Ethics committee of Yasouj University of Medical Sciences
Street address
Martyr Motahati Boulevard, University of Medical Sciences, Vice chancellor for research, Yasuoj
City
Yasuoj
Province
Kohgilouyeh-va-Boyrahmad
Postal code
7591741417
Approval date
2015-09-09, 1394/06/18
Ethics committee reference number
yums.REC.1394.85

Health conditions studied

1

Description of health condition studied
Mental and behavioural disorders
ICD-10 code
F30, F31,
ICD-10 code description
Mood [affective] disorders

Primary outcomes

1

Description
hope
Timepoint
pre intervention, Immediately, 2 weeks after intervention
Method of measurement
questionnaire

2

Description
happiness
Timepoint
pre intervention, Immediately, 2 weeks after intervention
Method of measurement
questionnaire

Secondary outcomes

1

Description
Depression
Timepoint
pre intervention

Method of measurement
questionnaire

Intervention groups

1

Description
Intervention groups: First session: statement of the nature and objectives of program, to become familiar with the effect of positive emotions existence, strengths and abilities of a person's daily life, factors that cause depression come into existence, in relation to the framework of positivism and positive feelings and characters' abilities is discussed. Second session: In relation to the positive definition of positive points which they were asked in the last session and also situations that these abilities in the past has helped them is discussed. Third Session: Express things in terms of positive emotions by the researcher and the way they are applied and also attract people's attention to behaviors that cause to use of his abilities, and also the role of positive emotions on the health will be discussed. Fourth Session: In terms of good and bad memories and their roles with residual symptoms of depression is discussed. Fifth Session: Each person in turn tells his good memories for other members of the group, and each one have listed the identified positive strengths in individuals, and in the end, he is given feedback. Sixth Session: The subjects were wanted to talk about the situations that were important for them but they lost them. Also discussed the role of hope and optimism Seventh Session: On the concept of forgiveness and gratitude and its role in mental health is discussed . Eighth Session: people will be taught and discussed about the concept of full life which consist of enjoyment, meaninfulness and purposeful life.
Category
Behavior

2

Description
control group: People who are considered as a control group with no intervention is done for them .
Category
Behavior

Recruitment centers

1

Recruitment center
Name of recruitment center
Rajaie Martyr Hospital Yasuoj
Full name of responsible person
Tahereh Abdian Master Of Psychiatric Nurse
Street address
Doctor Jalil Martyr Bolvard, University of Medical Sciences Of Yasuoj, School of Nursing and Midwifery, Yasuoj
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0744454782
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Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Yasouj University of Medical Sciences
Full name of responsible person
Doctor Mehdi Akbrtbar
Street address
Martyr Motahari Bolvard, Vice Chancellor for research, University of Medical Sciences, Yasouj
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Email
Khnooryan@gmail.com
Grant name
Grant code / Reference number

Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
Yasouj University of Medical Sciences
Proportion provided by this source
100
Public or private sector
Public
Domestic or foreign origin
Domestic
Category of foreign source of funding
empty
Country of origin
Type of organization providing the funding
Academic

Person responsible for general inquiries

Contact
Name of organization / entity
Yasouj University of Medical Sciences
Full name of responsible person
Doctor Kheyrollah Nooriyan
Position
Ph.D
Latest degree

Ph.D.
Other areas of specialty/work
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Martyr Doctor Jalil Bolvard, University of Medical Sciences, College Nursing and Midwifery, Yasouj
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Sharing plan

Deidentified Individual Participant Data Set (IPD)
No - There is not a plan to make this available
Justification/reason for indecision/not sharing IPD
No more information
Study Protocol
Yes - There is a plan to make this available
Statistical Analysis Plan
Not applicable
Informed Consent Form
Yes - There is a plan to make this available
Clinical Study Report
Not applicable
Analytic Code
Not applicable
Data Dictionary
Not applicable
Title and more details about the data/document
Intervention protocol Informed consent form
When the data will become available and for how long
After publishing study articles
To whom data/document is available
Academic researchers
Under which criteria data/document could be used
For similar studies
From where data/document is obtainable
Scientific responsible for this project
What processes are involved for a request to access data/document
After submitting the request via email, they will be provided with feedback as soon as possible by reviewing the request.
Comments