

Clinical Trial Protocol

Iranian Registry of Clinical Trials

20 Jul 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 Rajaei 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, they 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

Country

Iran (Islamic Republic of)

Phone

+98 71 5434 1501

Email address

tahreh.abdian@yums.ac.ir

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-Boyr Ahmad

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, meaningfulness 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 Yasouj

Full name of responsible person

Tahereh Abdian Master Of Psychiatric Nurse

Street address

Doctor Jalil Martyr Bolvard, University of Medical Sciences Of Yasouj, School of Nursing and Midwifery, Yasouj

City

Yasouj

Province

Kohgiluyeh-va-Boyr Ahmad

Postal code

0744454782

Phone

+98 74 3323 5145

Email

tahere.abdian@gmail.com

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

City

Yasouj

Province

Kohgiluyeh-va-Boyr Ahmad

Postal code

64654987746

Phone

+98 74 3323 5141

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

Nursery

Street address

Martyr Doctor Jalil Bolvard, University of Medical Sciences, College Nursing and Midwifery, Yasouj

City

Yasouj

Province

Kohgilouyeh-va-Boyrahmad

Postal code

7591741417

Phone

+98 74 3323 5141

Fax

Email

khnooryan@gmail.com

Web page address

Person responsible for scientific inquiries

Contact

Name of organization / entity

Yasouj University of Medical Sciences

Full name of responsible person

Doctor kheyrollah Nooryan

Position

Ph.D

Latest degree

Ph.D.

Other areas of specialty/work

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Street address

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City

Yasouj

Province

Kohgilouyeh-va-Boyrahmad

Postal code

7591741417

Phone

+98 74 3323 5141

Fax

Email

khnooryan@gmail.com

Web page address

Person responsible for updating data

Contact

Name of organization / entity

Jahrom University of Medical Sciences

Full name of responsible person

Tahre Abdian

Position

Instructor

Latest degree

Master

Other areas of specialty/work

Nursery

Street address

Professor Motahari Bolvard, College Nursing

City

Jahrom

Province

Fars

Postal code

7414846199

Phone

+98 71 3454 1501

Fax

Email

tahere.abdian@gmail.com

Web page address

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