

Clinical Trial Protocol

Iranian Registry of Clinical Trials

17 Sep 2026

The effectiveness of group hope therapy on hemodialysis patients' happiness

Protocol summary

Summary

The overall goal: the effectiveness of group therapy hope on happiness in hemodialysis patients; the effectiveness of group therapy on mental health hope hemodialysis patients. Specific goals: to determine the average patients happiness score in the experimental group and control at baseline; determine and compare average Patients happiness score in the experimental group and control at the end of the study; comparing average hemodialysis patients happiness score in both experienced and control groups at the beginning and end of the study; comparing average hemodialysis patients mental health score in both experienced and control groups at the beginning and end of the study experience. Study design: randomized, triple-blind, multicenter, phase one trial. Study Population: patients admitted at Shahid Rahnamom and Shahid Sadogy hospitals. Inclusion criteria: willingness to participate in research. Exclusion criteria: the patient is critically ill. Sample size: 44 people. Intervention: medical therapy sessions 8 sessions 5/1 hour, week 2 meeting as a group (other than on dialysis) runs. Each session consists of four parts. In the first 20 minutes of last week's activities and assignments will be discussed. In the second part, 20-minute mental training and skills, hoping to learn. The third part takes about 40 minutes to apply these skills in daily living practices are discussed. In the last 10 minutes of the next meeting will be presented homework session. Study outcome: increased happiness hemodialysis patients.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2015120425361N1**

Registration date: **2015-12-23, 1394/10/02**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2015-12-23, 1394/10/02

Registrant information

Name

Naeime baghshahi

Name of organization / entity

Yazd Sadoghi shahid university

Country

Iran (Islamic Republic of)

Phone

+98 35 3525 9807

Email address

baghshahi@ssu.ac.ir

Recruitment status

Recruitment complete

Funding source

Shahid Sadoughi Yazd University of Medical Sciences

Expected recruitment start date

2015-09-23, 1394/07/01

Expected recruitment end date

2015-11-01, 1394/08/10

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effectiveness of group hope therapy on hemodialysis patients' happiness

Public title

The effectiveness of group hope therapy on hemodialysis patients' happiness

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria: normal mental health; desire to participate in the study; having at least three months hemodialysis; age between 18 to 65 years old. Exclusion criteria: recent history life stressors such as the death of relatives and first degree relatives, divorce, bankruptcy, etc.; the patient is ill and unable to participate in group counseling program; an impairment of hearing, vision and speech.

Age

From **18 years** old to **65 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **44**

Randomization (investigator's opinion)

Randomized

Randomization description

Blinding (investigator's opinion)

Triple blinded

Blinding description

Placebo

Not used

Assignment

Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Yazd Shahid Sadoghi University of Medical Sciences

Street address

Yazd Shahid Sadoghi University of Medical Sciences,
Shahid Bahonar square

City

Yazd

Postal code

8916978477

Approval date

2015-09-29, 1394/07/07

Ethics committee reference number

IR.SSU.REC.1394.90

Health conditions studied

1

Description of health condition studied

Hemodialysis patients

ICD-10 code

Z49.1

ICD-10 code description

Extracorporeal dialysis

Primary outcomes

1

Description

Happiness

Timepoint

After intervention

Method of measurement

Oxford Happiness Questionnaire

Secondary outcomes

1

Description

General Health

Timepoint

Before and after intervention

Method of measurement

General Health Questionnaire

Intervention groups

1

Description

intervention group: education hope therapy, 8 session 90
minute

Category

Other

2

Description

controle group: not intervention

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center

Shahid Rahnamon hospital

Full name of responsible person

Naeime Baghshahi

Street address

City

Yazd

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Yazd Shahid Sadoghi University of Medical Sciences

Full name of responsible person

Miss Morshedian

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Yazd Shahid Sadoghi University of Medical Sciences,
Shahid Bamonar sq.

City

Yazd

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

Yes

Title of funding source

Yazd 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

Person responsible for general inquiries**Contact****Name of organization / entity**

Yazd Shahid Sadoghi University of Medical Sciences

Full name of responsible person

Naeime Baghshahi

Position

MSc

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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