

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

29 Jun 2026

### Effect of positive psychotherapy based group training midwives on work ability of midwives: a randomized clinical trial

#### Protocol summary

##### Study aim

The purpose of this study is to investigate the effect of a positive psychotherapy-based group training on work ability of midwives in Mashhad.

##### Design

Randomized clinical trial with a control group

##### Settings and conduct

This randomized clinical trial is performed on 60 midwives employed in health centers of Mashhad. Research units are randomly assigned to two intervention and control groups (intervention group=30 and control group=30). Before and after the interventions, Work Ability Index (WAI) and Psychological Well-being Questionnaires of Ryff are completed via research units.

##### Participants/Inclusion and exclusion criteria

Inclusion criteria include midwifery BC degree or higher; no pregnancy; married, one year of work experience; no depression or obtaining mild to moderate score from depression, anxiety, stress scale (DASS21); lack of psychiatric diseases or using the drugs affecting mental status on the present or the past and no experience of major stressful event during the past six months. Exclusion criteria include the absence of > 1 session; the occurrence of major stressful event during the study; lack of performing homework related to three consecutive sessions.

##### Intervention groups

Interventions include 2-hour eight training sessions derived from Rashid and Seligman positive psychotherapy Protocol (2006), which is held in two sessions per week.

##### Main outcome variables

work ability index (WAI)

#### General information

##### Reason for update

##### Acronym

#### IRCT registration information

IRCT registration number: **IRCT20160102025813N3**

Registration date: **2018-07-31, 1397/05/09**

Registration timing: **retrospective**

Last update: **2018-07-31, 1397/05/09**

Update count: **0**

#### Registration date

2018-07-31, 1397/05/09

#### Registrant information

##### Name

Fatemeh Shaghaghi

##### Name of organization / entity

Gonabad University of Medical Sciences

##### Country

Iran (Islamic Republic of)

##### Phone

+98 51 5725 1685

##### Email address

shaghaghif921@mums.ac.ir

#### Recruitment status

**Recruitment complete**

#### Funding source

Research Mashhad University

#### Expected recruitment start date

2015-11-02, 1394/08/11

#### Expected recruitment end date

2016-03-20, 1395/01/01

#### Actual recruitment start date

empty

#### Actual recruitment end date

empty

#### Trial completion date

empty

#### Scientific title

Effect of positive psychotherapy based group training midwives on work ability of midwives: a randomized

clinical trial

## Public title

Effect of positive psychotherapy based group training midwives on work ability of midwives: a randomized clinical trial

## Purpose

Other

## Inclusion/Exclusion criteria

### Inclusion criteria:

Midwifery BC degree or higher Married One year of work experience No experience of major stressful event during the past six months No pregnancy Lack of psychiatric diseases; or using the drugs affecting mental status on the present or the past No depression or obtaining mild to moderate score from depression, anxiety, stress scale (DASS21)

### Exclusion criteria:

## Age

No age limit

## Gender

Female

## Phase

N/A

## Groups that have been masked

No information

## Sample size

Target sample size: 60

## Randomization (investigator's opinion)

N/A

## 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

Mashhad University of Medical Sciences

##### Street address

University Avenue, Central Organization of Mashhad University of Medical Sciences .

##### City

Mashhad

##### Province

Razavi Khorasan

##### Postal code

7543654675

#### Approval date

2015-12-23, 1394/10/02

## Ethics committee reference number

IR.MUMS.REC.1394.595

## Health conditions studied

### 1

#### Description of health condition studied

The Work Ability

#### ICD-10 code

Y96

#### ICD-10 code description

Work-related condition

## Primary outcomes

### 1

#### Description

Work ability of midwives

#### Timepoint

Before and after interventions

#### Method of measurement

Work Ability Index (WAI)

## Secondary outcomes

### 1

#### Description

Well-Being

#### Timepoint

before and after the intervention

#### Method of measurement

Ryff Scale Psychological Well-Being

## Intervention groups

### 1

#### Description

In the intervention group, eight sessions of training based on Rashid and Seligman positive psychotherapy protocol (2006) is held in two sessions per week.

#### Category

Behavior

### 2

#### Description

In the control group does not take action.

#### Category

Behavior

## Recruitment centers

### 1

#### Recruitment center

##### Name of recruitment center

Health centers 1

**Full name of responsible person**

fatemeh shaghaghi

**Street address**

School of Nursing and Midwifery Mashhad University of Medical Sciences Ebne- Sina Street, Mashhad, Iran.

**City**

Mashhad

**Province**

Razavi Khorasan

**Postal code**

9691937986

**Phone**

+98 51 5722 3074

**Email**

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**2****Recruitment center****Name of recruitment center**

Health centers 3

**Full name of responsible person**

fatemeh shaghaghi

**Street address**

School of Nursing and Midwifery Mashhad University of Medical Sciences Ebne- Sina Street, Mashhad, Iran.

**City**

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**Email**

shaghaghi\_fatemeh@yahoo.com

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

Mashhad University of Medical Sciences

**Full name of responsible person**

Research Mashhad University

**Street address**

University Avenue, Central Organization of Mashhad University of Medical Sciences

**City**

Mashhad

**Province**

Razavi Khorasan

**Postal code**

9691937986

**Email**

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

Yes

**Title of funding source**

Mashhad 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**

Mashhad University of Medical Sciences

**Full name of responsible person**

fatemeh shaghaghi

**Position**

Masters student

**Latest degree**

Bachelor

**Other areas of specialty/work****Street address**

School of Nursing and midwifery, doctoral intersection, Mashhad

**City**

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**Province**

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**Phone**

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**Fax****Email**

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**Web page address****Person responsible for scientific inquiries****Contact****Name of organization / entity**

Mashhad University of Medical Sciences

**Full name of responsible person**

zahra abedian

**Position**

MSc

**Latest degree**

Master

**Other areas of specialty/work**

Midwifery

**Street address**

School of Nursing and midwifery, doctoral intersection, Mashhad

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mashhad

**Province**

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abedianz@mums.ac.ir  
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**Web page address**

## Person responsible for updating data

### Contact

**Name of organization / entity**  
School of Nursing and midwifery, doctoral  
intersection, Mashhad  
**Full name of responsible person**  
fatemeh shaghaghi  
**Position**  
Masters student  
**Latest degree**  
Bachelor  
**Other areas of specialty/work**  
**Street address**  
School of Nursing and midwifery, doctoral  
intersection, Mashhad  
**City**  
mashhad  
**Province**  
Razavi Khorasan  
**Postal code**  
9691937986  
**Phone**  
+51 57 251685  
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**Email**

shaghaghi\_fatemeh@yahoo.com  
**Web page address**

## Sharing plan

### Deidentified Individual Participant Data Set (IPD)

Yes - There is a plan to make this available

### Study Protocol

Yes - There is a plan to make this available

### Statistical Analysis Plan

Not applicable

### Informed Consent Form

Undecided - It is not yet known if there will be 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

Educational content of interventions

### When the data will become available and for how long

After the publication of the article

### To whom data/document is available

All people

### Under which criteria data/document could be used

-

### From where data/document is obtainable

fatemeh shaghaghi Email Address:  
shaghaghif921@mums.ac.ir

### What processes are involved for a request to access data/document

Receive educational content for interventions via email

### Comments