Clinical Trial Protocol
Iranian Registry of Clinical Trials

16 Sep 2026

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

clinical trial

Public title
Effect of positive psychotherapy based group training midwives on work ability of midwifes: 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 midwifes
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
shaghaghi_fatemeh@yahoo.com

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
Mashhad
Province
Razavi Khorasan
Postal code
9691937986
Phone
+98 51 5722 3074
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
shaghaghi_fatemeh@yahoo.com
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
Mashhad
Province
Razavi Khorasan
Postal code
9691937986
Phone
+51 57 251685
Fax
Email
shaghaghi_fatemeh@yahoo.com
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
City
mashhad
Province

Razavi Khorasan
Postal code
abedianz@mums.ac.ir
Phone
+51 37671771
Fax
Email
abedianz@mums.ac.ir
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
Fax
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