

Clinical Trial Protocol

Iranian Registry of Clinical Trials

05 Jul 2026

The survey of effectiveness of Happiness Training on Self efficacy in nursing Student

Protocol summary

Summary

The aim of this study is reviewing the effectiveness of happiness training on general self-efficacy of nursing students of Sabzevar Medical Sciences University.

Design: This study is a randomized controlled clinical trial of two groups. Methodology: a) population: this study will be done on the students of Sabzevar Medical Sciences University who have the entering criteria to the study.

Inclusion criteria: at least two nursing semesters must be passed; having physical and mental health; non affection of close relatives to mental illness or chronic physical disease; no participation in similar research programs or educational workshops simultaneously. Exclusion criteria: lack of desire to continue to participate in the study; bad events such as close relative death during the study; the absence of more than two sessions in classes.

Sample size: 182 students. Intervention: according to the entering criteria with classification method commensurate with the sample size, the students are selected and fall in test and control groups. In pre-intervention stage, demographic information form and Oxford happiness questionnaire and Scherrer self-efficacy questionnaire will be completed by the samples and in self reported way. Then for eight weeks, sixty minutes happiness training will be performed by a researcher and under the supervision of a psychologist for study group every week. There is no intervention in control group. At the end of the last session, again Oxford happiness questionnaire and Scherrer self-efficacy questionnaire were completed by the two groups. then in follow up stage, two months later, again Oxford happiness questionnaire and Scherrer self-efficacy questionnaire will be completed by the two groups. Finally obtained information will be compared each other.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2016051427887N1**
Registration date: **2016-06-21, 1395/04/01**
Registration timing: **retrospective**

Last update:
Update count: **0**

Registration date

2016-06-21, 1395/04/01

Registrant information

Name

Mitra Jurian

Name of organization / entity

Sabzevar University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 38210629

Email address

jooryanm92@medsab.ac.ir

Recruitment status

Recruitment complete

Funding source

Sabzevar University of Medical Sciences

Expected recruitment start date

2015-11-22, 1394/09/01

Expected recruitment end date

2015-12-22, 1394/10/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The survey of effectiveness of Happiness Training on Self efficacy in nursing Student

Public title

The survey of effectiveness of Happiness Training on Self efficacy in nursing Student

Purpose

Health service research

Inclusion/Exclusion criteria

Inclusion criteria: at least two nursing semesters must be passed; having physical and mental care; non affection of close relatives to mental illness or chronic physical disease; no participation in similar research programs or educational workshops simultaneously; the lack of stressful events such as the close relatives death in the past year Exclusion criteria: lack of desire to continue to participate in the study; bad events such as close relative death during the study; the absence of more than two sessions in classes

Age

From **19 years** old to **25 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **182**

Randomization (investigator's opinion)

Randomized

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**

Ethics committee of Sabzevar University of Medical Sciences

Street address

5 Km road of Tehran, Sabzevar University of Medical Sciences, Building Number one, Vice Chancellor for Research & Technology

City

Sabzevar

Postal code**Approval date**

2015-11-09, 1394/08/18

Ethics committee reference number

IR.MEDSAB.REC.1394.94

Health conditions studied**1****Description of health condition studied**

Self efficacy

ICD-10 code

-

ICD-10 code description

-

Primary outcomes**1****Description**

Self-efficacy

Timepoint

Before the intervention, Immediately after the intervention, two month after the intervention

Method of measurement

Scherer self- efficacy questionnaire

2**Description**

Happiness

Timepoint

Before the intervention, Immediately after the intervention, two month after the intervention

Method of measurement

Oxford happiness questionnaire

Secondary outcomes

empty

Intervention groups**1****Description**

For study group , for eight weeks, a sixty minutes happiness training was performed by a researcher and under the supervision of a psychologist every week. . during the sessions , the speech methods , group discussion and question and answer and brainstorming is used.

Category

Behavior

2**Description**

Control group : without intervention

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center

Sabzevar University of Medical Sciences

Full name of responsible person

Mitra Jurian

Street address

5Km road of Tehran, Sabzevar University of Medical Sciences, Building number two, Vice Chancellor for Education

City

Sabzevar

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Sabzevar University of Medical Sciences

Full name of responsible person

Musa Al-Reza Tadayyon Far

Street address

5 Km road of Tehran, Sabzevar University of Medical Sciences, Building number two, Vice Chancellor for Education

City

Sabzevar

Grant name

Grant code / Reference number

Is the source of funding the same sponsor organization/entity?

Yes

Title of funding source

Sabzevar 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

Sabzevar University of Medical Sciences

Full name of responsible person

Mitra Jurian

Position

Nursing Graduate Student

Other areas of specialty/work

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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