

Clinical Trial Protocol

Iranian Registry of Clinical Trials

17 Sep 2026

Investigating the effect of strength-based counselling on happiness n Addicts

Protocol summary

Summary

This research is a randomized clinical trial study with two groups and three stages. Effect of solution focused therapy on hope and happiness of addicts was investigated in addiction leaving centers. 64 cases were estimated for the study (32 cases for each group). After obtaining the inclusion criteria (opium addiction, participation in opioid detoxification process, tendency to cooperate in the study absence of acute psychological disorders) and informed consent samples divided randomly in control and experimental groups in a single blind method. Hope and happiness were measured and compared by Oxford's happiness questionnaire and Schneider's hope questionnaire in the way of questioning during 3 periods including before intervention, immediately after intervention and on month later.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2017041633463N1**

Registration date: **2017-07-06, 1396/04/15**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2017-07-06, 1396/04/15

Registrant information

Name

Maryam Mansouri

Name of organization / entity

Esfahan University of Medical Sciences

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Phone

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Recruitment status

Recruitment complete

Funding source

Esfahan University of Medical Sciences

Expected recruitment start date

2016-09-26, 1395/07/05

Expected recruitment end date

2016-10-22, 1395/08/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Investigating the effect of strength-based counselling on happiness n Addicts

Public title

The effect of strength-based counselling on happiness and hope in Addicts

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria: addiction; participation in detoxification; without any other psychological disorder; Commitment to participate in all sessions; Education as reading and writing
Exclusion criteria: Cancel the continuing presence; Reuse of substance during design and acute mental disorders; The absence of more than two sessions

Age

From **15 years** old to **90 years** old

Gender

Both

Phase

N/A

Groups that have been masked
No information

Sample size
Target sample size: 64

Randomization (investigator's opinion)
Randomized

Randomization description

Blinding (investigator's opinion)
Single blinded

Blinding description

Placebo
Not used

Assignment
Single

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Esfahan University of Medical Sciences

Street address

Ethics unit, Esfahan University of Medical Sciences,
Hezar Jerib Street, Azadi square

City

Esfahan

Postal code

-

Approval date

2016-09-18, 1395/06/28

Ethics committee reference number

ir.mui.rec 1395.3.393

Health conditions studied

1

Description of health condition studied

Substance Abuse

ICD-10 code

F10-F19

ICD-10 code description

Mental and Behavioural Disorders due to Psychoactive
Substance Use

Primary outcomes

1

Description

Hope and Happiness

Timepoint

Before intervention, After intervention, One month after
intervention

Method of measurement

Outcome Name: Hope and Happiness. Method of
Measurement: Standard Questionnaires Hope and
Happiness Timepoint: 8 Weeks Following

Secondary outcomes

empty

Intervention groups

1

Description

In experimental group solution focused therapy method
was done in 8 sessions of 90 minutes one day of a week.
Group consultation was done by a team of n psychiatric
nurse and clinical psychologist in selected psychology
centers.

Category

Lifestyle

2

Description

There is no counselling in control group.

Category

Lifestyle

Recruitment centers

1

Recruitment center

Name of recruitment center

Noor va Aliasghar Hospital

Full name of responsible person

Jahangir Maghsoudi

Street address

Ostandari street, HashtBehesht street, Esfahan

City

Esfahan

2

Recruitment center

Name of recruitment center

Shahid Modares Hospital

Full name of responsible person

Jahangir Maghsoudi

Street address

18km, Najafabad road, Esfahan

City

Esfahan

3

Recruitment center

Name of recruitment center

The Specialty and Subspecialty Complex of Farabi

Full name of responsible person

Jahangir Maghsoudi

Street address

Arghavanieh street, Moshtagh-e- sevom Street,

Esfahan
City
Esfahan

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Esfahan University of Medical Sciences

Full name of responsible person

Jahangir Maghsoudi

Street address

School of Nursing and Midwifery, Esfahan University of Medical Sciences, Hezar Jerib Street, Azadi square

City

Esfahan

Grant name

Grant code / Reference number

-

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

Yes

Title of funding source

Esfahan 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

Esfahan University of Medical Sciences

Full name of responsible person

Jahangir Maghsoudi

Position

Faculty Member

Other areas of specialty/work

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MSc in Psychiatric Nursing

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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