Clinical Trial Protocol
Iranian Registry of Clinical Trials

18 Sep 2026

The effectiveness of solution-focused group counseling to improve mental health among midwifery students

Protocol summary

Summary

The present study aims to determine the effect of solution-focused group counseling approach to improving the mental health of midwifery students. The present study is an interventional study with pretest, posttest and control group. The statistical population will be all midwifery students that they are studying in the year 1396, all these people will be checked and screened through completing the GHQ questionnaire that will be used as a pre-test. Inclusion criteria: Studying at the Bam Nursing and Midwifery Faculty; satisfaction to participate in the study. Exclusion criteria: Having a history of specific physical illnesses; history of mental illness. In this research, 40 midwifery students who have score 23 and above, after obtaining informed consent, will be selected as samples and will be divided into two groups: intervention and control. The intervention group will be thought through five 75-minute group counseling session, while the control group will not receive any counseling. After completion of 5 consultation sessions, immediate post-test will be implemented in both groups. Main outcomes: mental health.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2017092636443N1**
Registration date: **2017-11-19, 1396/08/28**
Registration timing: **retrospective**

Last update:
Update count: **0**

Registration date

2017-11-19, 1396/08/28

Registrant information

Name

Nezhat Javid

Name of organization / entity

Kerman University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 34 4421 3610

Email address

n.javid@kmu.ac.ir

Recruitment status

Recruitment complete

Funding source

Investigator

Expected recruitment start date

2017-03-21, 1396/01/01

Expected recruitment end date

2017-05-05, 1396/02/15

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effectiveness of solution-focused group counseling to improve mental health among midwifery students

Public title

The effectiveness of group counseling on mental health improvement

Purpose

Other

Inclusion/Exclusion criteria

Inclusion criteria: Studying at the Bam Nursing and Midwifery Faculty, satisfaction to participate in the study
Exclusion criteria: Having a history of specific physical illnesses and a history of mental illness.

Age

No age limit

Gender
Female

Phase
2
Groups that have been masked
No information
Sample size
Target sample size: **90**
Randomization (investigator's opinion)
Randomized
Randomization description
Blinding (investigator's opinion)
Not blinded
Blinding description
Placebo
Not used
Assignment
Parallel
Other design features
In this research, 40 midwifery students who have score 23 and above, after obtaining informed consent, they will be selected as samples and will be divided into two groups: intervention and control.

Secondary Ids

empty

Ethics committees

1

Ethics committee
Name of ethics committee
Ethics committee of Kerman University Of Medical Sciences.
Street address
Kerman University Of Medical Science, Haft Baghe Alavi, Kerman
City
Kerman
Postal code
13555-76169
Approval date
2017-09-23, 1396/07/01
Ethics committee reference number
IR.KMU.REC.1396.1180

Health conditions studied

1

Description of health condition studied
Mental disorder
ICD-10 code
F00-F99
ICD-10 code description
Non-clinical and laboratory findings and findings not elsewhere classified

2

Description of health condition studied
Mental disorder
ICD-10 code
f30-f39
ICD-10 code description
This block contains disorders in which the fundamental disturbance is a change in affect or mood to depression (with or without associated anxiety) or to elation. The mood change is usually accompanied by a change in the overall level of activity; most of

Primary outcomes

1

Description
Solution-focused group counseling
Timepoint
After the intervention
Method of measurement
Number of sessions

Secondary outcomes

1

Description
Mental health
Timepoint
Before and after the intervention
Method of measurement
Questionnaire

Intervention groups

1

Description
The intervention group will be thought through five 75-minute group counseling session
Category
Treatment - Other

2

Description
The control group: will not receive any counseling.
Category
Treatment - Other

Recruitment centers

1

Recruitment center
Name of recruitment center
Bam Faculty of Nursing and Midwifery
Full name of responsible person
Street address
Nezhat Javid

City
Bam

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Vice Chancellor for research of kerman University of Medical Sciences
Full name of responsible person
Zhila Sultan Ahmadi
Street address
Kerman University Of Medical Sciences, Haft Bagh Alavi, Kerman
City
Kerman
Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
Vice Chancellor for research of kerman 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
Kerman University Of Medical Sciences
Full name of responsible person
Nezhat Javid
Position
Student
Other areas of specialty/work
Street address
Kerman University Of Medical Science, Haft Baghe Alavi, Kerman
City
Kerman
Postal code
Phone
+98 34 3132 5449
Fax
Email
n.javid@kmu.ac.ir
Web page address

Person responsible for scientific inquiries

Contact
Name of organization / entity
Kerman University Of Medical Sciences
Full name of responsible person
Monavar Atghaei
Position
MSc
Other areas of specialty/work
Street address
Razi faculty of nursing and midwifery, Haft Bagh Alavi, Kerman
City
Kerman
Postal code
13555-76169
Phone
+98 34 3121 5617
Fax
Email
monavvaratghaei1338@gmail.com
Web page address

Person responsible for updating data

Contact
Name of organization / entity
Kerman University Of Medical Sciences
Full name of responsible person
Nezhat Javid
Position
Student
Other areas of specialty/work
Street address
Kerman University Of Medical Science, Haft Baghe Alavi, Kerman
City
Kerman
Postal code
13555-76169
Phone
+98 34 3132 5700
Fax
Email
n.javid@kmu.ac.ir
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