

Clinical Trial Protocol

Iranian Registry of Clinical Trials

03 Aug 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

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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