

Clinical Trial Protocol

Iranian Registry of Clinical Trials

18 Sep 2026

Evaluation The Effect Of The Fordyce Happiness Program On sleep Quality,Spiritual Well-Being ,and Pain In Peoples With Multiple Sclerosis

Protocol summary

Study aim

Design

Settings and conduct

Participants/Inclusion and exclusion criteria

Intervention groups

Main outcome variables

Expected recruitment start date

2016-09-22, 1395/07/01

Expected recruitment end date

2016-12-21, 1395/10/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20091215002861N11**

Registration date: **2017-12-12, 1396/09/21**

Registration timing: **retrospective**

Last update: **2017-12-12, 1396/09/21**

Update count: **0**

Registration date

2017-12-12, 1396/09/21

Registrant information

Name

Reza Masoodi

Name of organization / entity

Nursing department, Shahrekord University of
Medical Science,

Country

Iran (Islamic Republic of)

Phone

+98 38 1333 5654

Email address

masoodi@skums.ac.ir

Recruitment status

Recruitment complete

Funding source

Vice Chancellor for Research of Shahrekord University of
Medical Sciences

Scientific title

Evaluation The Effect Of The Fordyce Happiness Program
On sleep Quality,Spiritual Well-Being ,and Pain In Peoples
With Multiple Sclerosis

Public title

Evaluation The Effect Of The Fordyce Happiness Program
On sleep Quality,Spiritual Well-Being ,and Pain In Peoples
With Multiple Sclerosis

Purpose

Supportive

Inclusion/Exclusion criteria

Age

From **18 years** old to **60 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **70**

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

Ethic commitee of Shahrekord University of Medical Sciences

Street address

Shahrekord-kashani Blvd-University Headquarters-second floor

City

Shahrekord

Postal code

8815713471

Approval date

2017-04-23, 1396/02/03

Ethics committee reference number

IR.SKums.REC.1396.53

Health conditions studied

1

Description of health condition studied

Multiple Sclerosis

ICD-10 code

G35

ICD-10 code description

Demyelinating diseases of the central nervous system

Primary outcomes

1

Description

Spiritual Well-Being

Timepoint

Baseline; Immediately After; 2 months After

Method of measurement

Spiritual Well-Being Scale

2

Description

Sleep Quality

Timepoint

Baseline; Immediately After; 2 months After

Method of measurement

Pittsburgh Sleep Quality Index

3

Description

pain

Timepoint

Baseline; Immediately After; 2 months After

Method of measurement

Visual Analogue scale

Secondary outcomes

1

Description

Quality of life

Timepoint

6months After intervention

Method of measurement

SF-36 Standard Questionnaire

Intervention groups

1

Description

after obtaining the consent from from trial group, fordyce happiness program carried out in 8 sessions of 60 minutes once a week and happy principle taught with 14 element. Specified goals and tasks for each session and requested feedback from the people

Category

Behavior

2

Description

In the control group during the routine activities are follow-up and after the collection of questionnaires in in both groups, fordyce happiness program was taught in two sessions in the control group.

Category

Behavior

Recruitment centers

1

Recruitment center

Name of recruitment center

chaharmahal and Bakhtiari Multiple Sclerosis Society

Full name of responsible person

kobra zaheri

Street address

Number304,Third floor,Mesbah building 3,North Ferdowsi Avenue,shahrekord

City

shahrekord

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Sponsor 1 Vice chancellor for research of Shahrekord University of Medical Sciences

Full name of responsible person

kobra zaheri

Street address

Shahrekord-Kashani Blvd-University Headquarters-second floor

City

Shahrekord

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Sponsor 1 Vice chancellor for research of Shahrekord 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

Shahrekord University of Medical Sciences

Full name of responsible person

kobra zaheri

Position

Nursing Master Student

Other areas of specialty/work

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Person responsible for scientific inquiries

Contact

Name of organization / entity

Shahrekord University of Medical Sciences

Full name of responsible person

Dr.Reza Masoudi

Position

Assistant Professor of Shahrekord University of Medical Sciences/Ph.D in Nursing Education

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