

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

01 Jul 2026

### The study of The Effectiveness of optimism educational intervention on Happiness, Depression, Academic Satisfaction and Academic Achievement: A Randomized Controlled Trial

#### Protocol summary

##### Study aim

The study of The Effectiveness of optimism educational intervention on Happiness, Depression, Academic Satisfaction and Academic Achievement

##### Design

Clinical trial with experimental and control group, with parallel groups. randomized.

##### Settings and conduct

The intervention was carried out in Semnan province, Shahrood. Samples were selected using simple random sampling. The sample group consisted of 30 secondary school students with an average age of 17.5 years with a range of age between 16-18 years old. This intervention includes three Oxford Happiness Inventory, Beck Depression and Hubner's Academic Satisfaction.

##### Participants/Inclusion and exclusion criteria

Entry requirements: Female, Secondary education Exit Conditions: Non Mental Health

##### Intervention groups

Positive Thinking Skills for the experimental group were taught in a 14-minute 90-minute sessions for 14 weeks in one of the experimental group schools and the control group did not receive any training after completing re-training from both The group was selected by a researcher at two 90-minute sessions under the same test conditions, Oxford Happiness, Beck Depression and Hobner's satisfaction.

##### Main outcome variables

Happiness, depression, academic satisfaction, academic achievement

#### General information

##### Reason for update

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT20141026019683N2**

Registration date: **2018-09-19, 1397/06/28**

Registration timing: **retrospective**

Last update: **2018-09-19, 1397/06/28**

Update count: **0**

##### Registration date

2018-09-19, 1397/06/28

##### Registrant information

###### Name

Siavash Talepasand

###### Name of organization / entity

Semnan University

###### Country

Iran (Islamic Republic of)

###### Phone

+98 23 3362 3300

###### Email address

stalepasand@semnan.ac.ir

##### Recruitment status

**Recruitment complete**

##### Funding source

##### Expected recruitment start date

2016-05-09, 1395/02/20

##### Expected recruitment end date

2016-06-09, 1395/03/20

##### Actual recruitment start date

empty

##### Actual recruitment end date

empty

##### Trial completion date

empty

##### Scientific title

The study of The Effectiveness of optimism educational intervention on Happiness, Depression, Academic Satisfaction and Academic Achievement: A Randomized

Controlled Trial

## Public title

The study of The Effectiveness of optimism educational intervention on Happiness, Depression, Academic Satisfaction and Academic Achievement

## Purpose

Education/Guidance

## Inclusion/Exclusion criteria

### Inclusion criteria:

Inclusion criteria includes gaining the cutoff score in the questionnaires of Oxford Happiness Questionnaire. (Cutting score 42) Inclusion criteria includes gaining the cutoff score in the questionnaires of Beck Depression (Cutting score 42) Inclusion criteria includes gaining the cutoff score in the questionnaires of academic satisfaction Huebner (Cutting score 6) Female Secondary School

### Exclusion criteria:

Lack of mental health

## Age

From **16 years** old to **18 years** old

## Gender

Female

## Phase

N/A

## Groups that have been masked

*No information*

## Sample size

Target sample size: **30**

## Randomization (investigator's opinion)

Randomized

## Randomization description

Simple randomized random method: The list of units of the statistical society was numbered, respectively, and each of the numbers was recorded on the same and identical small cards. Then we put all the cards in boxes. And every time after shaking the box, we removed the card randomly from the box and registered it. Individual: Random Unit

## 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 Semnan University of Medical Sciences and Health Services

##### Street address

Basij Boulevard., Headquarters of Semnan University of Medical Sciences and Health Services

#### City

semnan

#### Province

Semnan

#### Postal code

35198-99951

#### Approval date

2018-07-17, 1397/04/26

#### Ethics committee reference number

IR.SEMUMS.REC.1397.103

## Health conditions studied

### 1

#### Description of health condition studied

The study of The Effectiveness of optimism educational intervention

#### ICD-10 code

#### ICD-10 code description

## Primary outcomes

### 1

#### Description

Happiness

#### Timepoint

Before the intervention, one month after the intervention

#### Method of measurement

Oxford Happiness Inventory

### 2

#### Description

depression

#### Timepoint

Before the intervention, one month after the intervention.

#### Method of measurement

Beck Depression Inventory

### 3

#### Description

Academic Satisfaction

#### Timepoint

Before the intervention, one month after the intervention.

#### Method of measurement

Life satisfaction questionnaire on Hubner's students

### 4

#### Description

academic achievement

#### Timepoint

Before the intervention, one month after the intervention.

#### Method of measurement

Student scores in two separate semesters

## Secondary outcomes

empty

## Intervention groups

### 1

#### Description

Intervention group: 15 persons participated in the intervention group. The intervention group received 14 training sessions. The contents of the training sessions were based on the Saligman et al. (2005) educational protocol. The protocol is developed in 14 sessions and each session includes the purpose, process, content and home-based exercises that psychologists can use for therapeutic and research sessions. Each session lasted one hour and forty-five minutes. The content of the sessions was specified separately in each session. 1. Referral 2. Determining the strengths of the superior personality 3. The book of blessings or blessings 4. Good memories against bad memories 5. Greeting letters 6- Acknowledgments 7. Interviews E 8. Satisfaction rather than maximizing 9. Optimism and hope 10. Housework (active constructive reactions) 11. Pedigree of personality strengths 12. Art of enjoyment 13. Benefit of time 14. Full life

#### Category

N/A

### 2

#### Description

Control group:15 people participated in the control group. During the intervention, the group did not receive any intervention. And were compared only with the intervention group

#### Category

N/A

## Recruitment centers

### 1

#### Recruitment center

##### Name of recruitment center

Semnan University

##### Full name of responsible person

Toktam Heydari Allahabad

##### Street address

Faculty of Psychology and Education, Mahdishahr, Darband, Semnan University, Semnan, Iran

##### City

Mahdishahr

##### Province

Semnan

##### Postal code

356411156

##### Phone

+98 23 3362 3300

#### Email

T.Hydari1379@gmail.com

## Sponsors / Funding sources

### 1

#### Sponsor

##### Name of organization / entity

Vice chancellor for research, Semnan University

##### Full name of responsible person

Ali Haghghiasl

##### Street address

Semnan University, Campus No.1, Semnan

##### City

semnan

##### Province

Semnan

##### Postal code

19111-35131

##### Phone

+98 23 3362 3300

##### Fax

##### Email

stalepasand@semnan.ac.ir

#### 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, Semnan University

#### Proportion provided by this source

90

#### Public or private sector

Public

#### Domestic or foreign origin

Domestic

#### Category of foreign source of funding

empty

#### Country of origin

#### Type of organization providing the funding

Academic

## Person responsible for general inquiries

#### Contact

##### Name of organization / entity

Semnan University

##### Full name of responsible person

Toktam heydari allahabad

##### Position

Masters(MA)

##### Latest degree

Master

##### Other areas of specialty/work

Psychology

##### Street address

Faculty of Psychology and Education, Mahdishahr, Darband, Semnan University, Semnan, Iran

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## Person responsible for scientific inquiries

### Contact

**Name of organization / entity**  
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Siavash Talepasand  
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Associate Professor, Faculty member of Semnan University,  
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## Person responsible for updating data

### Contact

**Name of organization / entity**  
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**Full name of responsible person**

Toktam Heydari Allahabd  
**Position**  
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**Latest degree**  
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T.Hydari1379@gmail.com

## Sharing plan

### Deidentified Individual Participant Data Set (IPD)

Undecided - It is not yet known if there will be a plan to make this available

### Study Protocol

Undecided - It is not yet known if there will be a plan to make this available

### Statistical Analysis Plan

Undecided - It is not yet known if there will be a plan to make this available

### Informed Consent Form

Undecided - It is not yet known if there will be a plan to make this available

### Clinical Study Report

Undecided - It is not yet known if there will be a plan to make this available

### Analytic Code

Undecided - It is not yet known if there will be a plan to make this available

### Data Dictionary

Undecided - It is not yet known if there will be a plan to make this available