

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

09 Jul 2026

### The effect of positive thinking education on adaptation and life quality in parents of teenagers with thalassemia

#### Protocol summary

##### Study aim

The effect of positive thinking on the consistency and quality of life of parents of adolescents with thalassemia

##### Design

In this study, 52 parents of thalassemic adolescents were randomly assigned to a group of intervention and control groups by means of embedded envelope tools, and each participant was assigned a code. In the intervention group, the training is given according to the educational program and no intervention is performed in the control group. There is no phase study.

##### Settings and conduct

In this study, 52 parents of thalassemic adolescents in Gorgan, who are eligible to participate in the study, will be randomly selected. They will be divided into two groups of test and control and will be given positive thinking during the training sessions.

##### Participants/Inclusion and exclusion criteria

Inclusion criteria: • Having at least one child with thalassemia  
Exclusion criteria: • Parents with mental and physical disabilities  
• Having another patient with chronic illness that requires care and nursing.

##### Intervention groups

Intervention group: Education of positive thinking , behavioral and emotional changes at ten 90-minute sessions . Control group: without any education.

##### Main outcome variables

Coping ;Quality of life

#### General information

##### Reason for update

##### Acronym

-

##### IRCT registration information

IRCT registration number: **IRCT20170512033932N5**

Registration date: **2018-09-02, 1397/06/11**

Registration timing: **retrospective**

Last update: **2018-09-02, 1397/06/11**

Update count: **0**

##### Registration date

2018-09-02, 1397/06/11

##### Registrant information

###### Name

Hosein Motahariniya

###### Name of organization / entity

###### Country

Iran (Islamic Republic of)

###### Phone

+98 23 3222 4908

###### Email address

h\_hojjati@aliabadiau.ac.ir

##### Recruitment status

**Recruitment complete**

##### Funding source

##### Expected recruitment start date

2018-05-05, 1397/02/15

##### Expected recruitment end date

2018-07-06, 1397/04/15

##### Actual recruitment start date

empty

##### Actual recruitment end date

empty

##### Trial completion date

empty

##### Scientific title

The effect of positive thinking education on adaptation and life quality in parents of teenagers with thalassemia

##### Public title

The effect of positive thinking education on parents of adolescents with thalassemia

##### Purpose

Supportive

##### Inclusion/Exclusion criteria

**Inclusion criteria:**

Have reading and writing skills Having direct responsibility for patient care Have at least one child of thalassemia

**Exclusion criteria:**

Parents do not undergo psychotherapy or counseling  
Parents with mental and physical disabilities

**Age**

No age limit

**Gender**

Both

**Phase**

N/A

**Groups that have been masked**

No information

**Sample size**

Target sample size: 52

**Randomization (investigator's opinion)**

Randomized

**Randomization description**

The researcher provided a list of parents of thalassemic adolescents who had the conditions of the study in a simple random sampling method from those who had entered the study and randomly assigned a randomized random type according to the random allocation rule to the two experimental and control groups were divided. The randomization unit is individual. In this study, 52 parents of thalassemic adolescents were selected randomly (sealed envelopes in the envelopes were written in letters C, M) and divided into two groups: intervention and control. Each participant was assigned a code.

**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 for Biological Researches at the Azad University of Shahrood

**Street address**

Azad University Ave, Shahrood Azad University

**City**

Shahrood

**Province**

Semnan

**Postal code**

43189-36199

**Approval date**

2018-04-28, 1397/02/08

**Ethics committee reference number**

IR.IAU.SHAHROOD.REC.1397.004

**Health conditions studied**

1

**Description of health condition studied**

Thalassemia

**ICD-10 code**

D56.1

**ICD-10 code description**

Beta thalassemia

**Primary outcomes**

1

**Description**

World Health Organization Quality of Life Score Score

**Timepoint**

Before the intervention and after intervention

**Method of measurement**

Based on the total score of the quality of life

**Secondary outcomes**

1

**Description**

Score of Styles of Coping Questionnaire

**Timepoint**

Before the intervention and after intervention

**Method of measurement**

Based on the total score of the overall style of the cart

**Intervention groups**

1

**Description**

Intervention group: the intervention of this study is a skill-based training in ten steps, which is described in full below: First step: understanding the concept of positive thinking and a brief familiarity with coping, optimism, and pessimism. Step two: understanding how to shape thoughts and feelings. The relationship between mind and body, the effects of positive thinking and negative thinking, and the discovery of negative thoughts. Step three: positive through challenging negative thoughts, substitution, and quarrels with negative thoughts. Step four: changing the image, subjective use of constructive thinking and revitalizing believers. Step fifth: learning the style of optimistic and cynical documents. Step six: being positive through remove tension and relaxation training. Step seven: manage feeling. Step eight: entering laughter in life and giving happiness. Step nine: attention to the present And eliminating problems and negative feelings. Step ten: summing up past discussions and providing solutions for tracking lessons.

**Category**  
Behavior

2

**Description**

Control group:There was no intervention for this group.

**Category**

Behavior

## Recruitment centers

1

**Recruitment center**

**Name of recruitment center**

Taleghani Hospital in Gorgan

**Full name of responsible person**

Dr. Hamid Haghshenas

**Street address**

Janbazan Ave., Children Taleghani hospital

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**Province**

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hoseinmotahari@gmail.com

**Web page address**

## Sponsors / Funding sources

1

**Sponsor**

**Name of organization / entity**

Islamic Azad University

**Full name of responsible person**

Ruholah Samiee

**Street address**

Azad Univercity Blvd

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h\_hojjati1362@yahoo.com

**Grant name**

**Grant code / Reference number**

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

Yes

**Title of funding source**

Islamic Azad University

**Proportion provided by this source**

100

**Public or private sector**

Private

**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**

Islamic Azad University

**Full name of responsible person**

Parna Shamsai

**Position**

Masters student

**Latest degree**

Bachelor

**Other areas of specialty/work**

Nursery

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Azad university Ave.

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## Person responsible for scientific inquiries

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## Person responsible for updating data

### Contact

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Associate Professor of Nursing

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Ph.D.

**Other areas of specialty/work**

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### Email

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## 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