

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

City

Gorgan

Province

Golestan

Postal code

49166 68197

Phone

+98 17 3223 4364

Email

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

City

Aliabad katun

Province

Golestan

Postal code

4941793451

Phone

+98 17 3422 4500

Email

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

Street address

Azad university Ave.

City

Ali abad katul

Province

Golestan

Postal code

4916845118

Phone

+98 17 3212 8035

Email

parnashamsai@gmail.com

Person responsible for scientific inquiries

Contact

Name of organization / entity

Islamic Azad University

Full name of responsible person

Parna Shamsai

Position

MSc student

Latest degree

Bachelor

Other areas of specialty/work

Nursery

Street address

Azad ave, Azad Univercity

City

Aliabad katul

Province

Golestan

Postal code

4941793451

Phone

+98 17 3223 4364

Email

parnashamsai@gmail.com

Person responsible for updating data

Contact

Name of organization / entity

Islamic Azad University

Full name of responsible person

Hamaid Hojjati

Position

Associate Professor of Nursing

Latest degree

Ph.D.

Other areas of specialty/work

Nursery

Street address

Islamic Azad University, Azad blvd.

City

Aliabad katul

Province

Golestan

Postal code

4941793451

Phone

+98 17 3422 4500

Email

h_hojjati1392@yahoo.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