

Clinical Trial Protocol

Iranian Registry of Clinical Trials

01 Jul 2026

The Effect of Positive Thinking Skills Training on Happiness among Intensive Care Units' Nurses

Protocol summary

Study aim

1-Determining and comparing the level of happiness of nurses in the intervention group before and after training
2- Determining and comparing the level of happiness of nurses in the control group in the first and second steps of the measurement
3. Comparison of the level of happiness of nurses in the intervention group before and after the intervention and in the control group in the first and second stages of the assessment

Design

A randomized clinical trial with a control group with a sample size of 60 people

Settings and conduct

The sample size in this study was 30 in each group. In this study, 30 female nurses were selected as intervention group (15 from Shohadaye Tajrish Hospital and 15 from Shahid Taleghani Hospital) and 30 as control group (15 in each hospital).

Participants/Inclusion and exclusion criteria

Sample acceptance criteria - Having a willingness to participate and collaborate in the study - Female sex - Not having a previous formal history of training about positive thinking skills - At least one year of work experience in the intensive care unit - No significant symptoms of mental disorders - Non-use of psychiatric drugs - Lack of simultaneous participation in the same interventions
Sample Exclusion Criteria - Unwillingness of the selected nurses to continue participation in the study after sampling - Nurses not attending training sessions for more than 1 session during the course

Intervention groups

The intervention group consisted of 30 nurses (15 from each hospital) who participated in 8 positive-thinking skills training sessions. Each session was held for one and half hour. In the control group, nurses did not receive intervention.

Main outcome variables

The happiness of nurses which was measured using the Oxford Happiness Inventory.

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20180922041087N1**

Registration date: **2018-12-15, 1397/09/24**

Registration timing: **retrospective**

Last update: **2018-12-15, 1397/09/24**

Update count: **0**

Registration date

2018-12-15, 1397/09/24

Registrant information

Name

pantea kiani

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 21 2264 6324

Email address

panteakiani66@gmail.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2018-04-28, 1397/02/08

Expected recruitment end date

2018-04-29, 1397/02/09

Actual recruitment start date

2018-04-28, 1397/02/08

Actual recruitment end date

2018-04-30, 1397/02/10

Trial completion date

2018-06-18, 1397/03/28

Scientific title

The Effect of Positive Thinking Skills Training on Happiness among Intensive Care Units' Nurses

Public title

The effect of positive thinking skills training on happiness

Purpose

Education/Guidance

Inclusion/Exclusion criteria

Inclusion criteria:

Having a willingness to participate and collaborate in the study
Female sex
Not having a previous formal training about positive thinking skills
Having at least one year of work experience in the intensive care unit
No significant symptoms of mental disorders
Non-use of psychiatric drugs
Lack of simultaneous participation in similar interventions

Exclusion criteria:

Unwillingness of the selected nurse to continue participation in the study after sampling
Nurses not attending training sessions for more than 1 session during the course

Age

No age limit

Gender

Female

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **60**

Actual sample size reached: **60**

Randomization (investigator's opinion)

Randomized

Randomization description

In this study, the samples were selected from two hospitals. A total of 30 nurses in each hospital, were selected based on inclusion criteria. Then, in each hospital, 15 nurses were assigned to the intervention group and 15 were assigned to the control group. To allocate the nurses, first, 30 numbers from 1 to 30 were written on 30 cards and were placed in a box. Then, a card was given randomly to each person without a replacement, and the number of each person was specified. In the next step, through the throwing of the coin (the heads for the intervention group and the tails for the control group), it was determined which first number (1) was assigned to which group. Based on the result of the throwing of the coin (which was the heads), number 1 was assigned to the intervention group, and then the next numbers were allocated between the two groups, respectively. This process continued until the end of the numbers. In both of these hospitals, these steps took place.

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 on Biomedical Research, Islamic Azad University, Faculty of Medicine

Street address

Danesh Alley, Attari Moghadam Street, Shahid Khaqani Street, Dr. Shariati Street, Tehran

City

tehran

Province

Tehran

Postal code

1936893813

Approval date

2017-12-20, 1396/09/29

Ethics committee reference number

IR.IAU.TMU.RE.1396.219

Health conditions studied

1

Description of health condition studied

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description

Happiness score based on the Oxford Happiness Scale

Timepoint

Before the intervention and after the end of the intervention period, which lasted one month

Method of measurement

The Oxford Happiness Inventory to measure the effect of positive thinking training on Happiness

Secondary outcomes

empty

Intervention groups

1

Description

In this study, the intervention included the teaching of positive thinking skills provided by the researcher.

Positive thinking skills training was conducted on the basis of the protocol and within 8 sessions of one and a half hours for the intervention group.

Category

Lifestyle

2

Description

Control group: Nurses in control group did not receive an intervention.

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center

Shohadaei Tajrish Hospital and Taleghani Hospital

Full name of responsible person

Pantea kiani

Street address

Shohadaei Tajrish Hospital, Quds Field, The border between the Tajrish field, 14/5000 Municipality Street, Tajrish Square, tehran

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pr_shohada@sbmu.ac.ir

Web page address

htt://shmc.sbmu.ac.ir

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Tehran University of Medical Sciences

Full name of responsible person

Dr. Safavi

Street address

Shohadaei Tajrish Hospital, The border between Tajrish Field and Qods Field, Municipality Street, Tajrish Square, tehran

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Grant name

Grant code / Reference number

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

Yes

Title of funding source

Tehran University of Medical Sciences

Proportion provided by this source

20

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

Tehran University of Medical Sciences

Full name of responsible person

Pante A Kiani

Position

Student

Latest degree

Master

Other areas of specialty/work

Medical Ethics

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Person responsible for scientific inquiries

Contact

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Other areas of specialty/work

Nursery

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Web page address<http://shmc.sbm.ac.ir>**Person responsible for updating data****Contact****Name of organization / entity**

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Other areas of specialty/work

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Web page address<http://shmc.sbm.ac.ir>**Sharing plan****Deidentified Individual Participant Data Set (IPD)**

Yes - There is a plan to make this available

Study Protocol

No - There is not a plan to make this available

Statistical Analysis Plan

Yes - There is a plan to make this available

Informed Consent Form

Yes - There is a plan to make this available

Clinical Study Report

Yes - There is a plan to make this available

Analytic Code

Yes - There is a plan to make this available

Data Dictionary

Yes - There is a plan to make this available

Title and more details about the data/document

All information is sharable after non-identifiable people

When the data will become available and for how long

After publishing the article (available in 2019)

To whom data/document is available

Researchers working in academic and scientific centers

Under which criteria data/document could be used

Medical Sciences Journal of Islamic Azad University -
Tehran Medical Branch

From where data/document is obtainable

The applicant can use the article by visiting the Islamic
Azad University Medical Branch website.

What processes are involved for a request to access data/document

Medical Sciences Journal of Islamic Azad University -
Tehran Medical Branch

Comments