

Clinical Trial Protocol

Iranian Registry of Clinical Trials

09 Jun 2026

The Effectiveness of Mobile Based Cognitive Behavioral Intervention on Students' Happiness Secondary school teenager

Protocol summary

Study aim

Determining the Effectiveness of Cognitive Behavioral-Based Behavioral Intervention on the Happiness of Teenage High School Students

Design

First cluster sampling from Shiraz's first secondary schools will be done and eight clusters will be randomly selected and then divided into two groups of control and intervention in a simple random manner. Subsequently, using a stratified sampling, the number of samples in each school and The class will be determined. The number of samples in each group is 60, and the phase of application is only one

Settings and conduct

The researcher will then be asked to answer the Oxford questionnaire after obtaining consent and explanation of the regulations. Afterwards, eight sessions will be taught to the intervention team through the Fordsize Hearing Mobile Training Software. And again, after After completing the intervention, they will be asked to respond to the Oxford questionnaire, and the data will be collected to be analyzed

Participants/Inclusion and exclusion criteria

1-Age (13-15) 2. Having smart phones and the ability to work with mobile-based software 3. The desire and interest in participating in the study No entry 1. Having physical and mental illness 2. Participate in other therapeutic and counseling programs

Intervention groups

Cognitive-behavioral interventions include a range of tutorials (such as stopping worries, living in the present) that is provided weekly by students using mobile software. In the educational control group, they are only asked to respond to the questionnaire

Main outcome variables

If the results of the study are positive, Fordeys' happiness training can be presented as one of the ways to increase happiness along with other lessons. Also, the positive results of this study can lead to decision makers

and related organs to supply. Student mental health

General information

Reason for update

Acronym

ندارد

IRCT registration information

IRCT registration number: **IRCT20190428043412N1**

Registration date: **2019-09-13, 1398/06/22**

Registration timing: **registered_while_recruiting**

Last update: **2019-09-13, 1398/06/22**

Update count: **0**

Registration date

2019-09-13, 1398/06/22

Registrant information

Name

Fatemeh Geranmayeh

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 71 3832 7337

Email address

geranmayeh@sums.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2019-09-11, 1398/06/20

Expected recruitment end date

2019-09-22, 1398/06/31

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The Effectiveness of Mobile Based Cognitive Behavioral Intervention on Students' Happiness Secondary school teenager

Public title

Effect of mobile-based cognitive-behavioral intervention on the joy of adolescent students

Purpose

Education/Guidance

Inclusion/Exclusion criteria

Inclusion criteria:

Age (13-15) Having smart phones and the ability to work with mobile-based software Inclination to participate in the study

Exclusion criteria:

Physical and mental illness Participate in other therapeutic and counseling programs

Age

From **13 years** old to **15 years** old

Gender

Female

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **120**

Randomization (investigator's opinion)

Randomized

Randomization description

The first schools in Shiraz will be sampled in cluster sampling and eight clusters will be randomly selected and then divided randomly into two groups of control and intervention. Subsequently, using a stratified sampling, the number of samples in each school And the class will be determined.

Blinding (investigator's opinion)

Not blinded

Blinding description

Placebo

Not used

Assignment

Single

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethics committee of Shiraz University of Medical Sciences

Street address

Zand street opposite central building of shiraz university of medical sciences

City

SHiraz

Province

Fars

Postal code

7134814336

Approval date

2019-05-10, 1398/02/20

Ethics committee reference number

IR.SUMS.MED.REC.1398.436

Health conditions studied

1

Description of health condition studied

Happiness

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description

Joy score in Oxford questionnaires

Timepoint

Measure the score of happiness before the intervention and immediately after that

Method of measurement

Oxford questionnaires

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: Fordey's joy program is a cognitive-behavioral intervention (a combination of 8 cognitive elements and 6 behavioral elements) that is taught to students during eight sessions.

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center

Secondary Schools in the First District of Shiraz

Full name of responsible person

Fatemeh Geranmayeh

Street address

No 179 Aley 9 Bahonar jonoubi street

City
SHiraz
Province
Fars
Postal code
7176848385
Phone
+98 71 3832 7337
Email
f_geranmayeh3113@yahoo.com

Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Shiraz University of Medical Sciences
Full name of responsible person
GHasemiy Uones
Street address
Shiraz Street Zand Central Building of the Seventh
Floor
City
SHiraz
Province
Fars
Postal code
71348-14336
Phone
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Fax
+98 71 3212 2430
Email
vcrdep@sums.ac.ir

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Shiraz University of Medical Sciences

Proportion provided by this source

100

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
Shiraz University of Medical Sciences
Full name of responsible person
Fatemeh geranmayeh
Position

nurse
Latest degree
Bachelor
Other areas of specialty/work
Nursery
Street address
No 179 Alley 9 Bahonar jonoubi street
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Person responsible for scientific inquiries

Contact

Name of organization / entity
Shiraz University of Medical Sciences
Full name of responsible person
Fatemeh Geranmayeh
Position
Nurse
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Other areas of specialty/work
Nursery
Street address
Bahonar-e-jonuobi Avenue Alley 9 Plazma 179
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Person responsible for updating data

Contact

Name of organization / entity
Shiraz University of Medical Sciences
Full name of responsible person
Fatemeh Geranmayeh
Position
Nurse
Latest degree
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Other areas of specialty/work
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+98 71 3832 7337
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geranmayeh@sums.ac.ir

Sharing plan

Deidentified Individual Participant Data Set (IPD)

Yes - There is a plan to make this available

Study Protocol

Yes - There is 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

Not applicable

Analytic Code

Not applicable

Data Dictionary

Not applicable

Title and more details about the data/document

After the research is carried out, the results will be shared with others and personal information will remain confidential

When the data will become available and for how long

One month after the results

To whom data/document is available

The data will be available to everyone

Under which criteria data/document could be used

The data will be available to everyone

From where data/document is obtainable

Email Address and Phone Number

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

Immediately sent

Comments