Clinical Trial Protocol
Iranian Registry of Clinical Trials

18 Sep 2026

Comparison of the Effect of Positive Psychology and Meta-Diagnosis on Sleep Quality of Emergency 115 Personnel

Protocol summary

Study aim

Comparison of the Effect of Positive Psychology and Meta-Diagnosis on Sleep Quality of Emergency 115 Personnel in Zahedan City In 2019

Design

A clinical trial with a control group with two parallel groups, non-blinded, randomized, the number of samples in each group is 31 people, SPSS software is used for analysis.

Settings and conduct

The geographical area of the research was the Emergency Center of Zahedan. The researcher obtained an ethics code from Zahedan University to conduct research. He also received permission from the emergency center based on a written consent from the subjects. The sample consisted of 93 subjects. The subjects were divided into two groups of intervention and a control group based on a table of random numbers. In the next step, intervention sessions were performed according to the treatment protocol. This protocol was used over a three-month period for the two intervention groups. Note that no intervention was performed in the control group.

Participants/Inclusion and exclusion criteria

 Having the ability to reading and writing Having the ability to communicate effectively No mental problems and Not having diseases that interfere with human sleep. No genetic and hereditary problems In the field of sleep

Intervention groups

positive psychology group (Positive psychology is explained in 6 sessions for this group of 31 people to improve sleep quality) Transdiagnostic treatmen groupt (Transdiagnostic treatment is explained in 12 sessions for this group of 31 people to improve sleep quality)

Main outcome variables

This study was conducted to investigate the effect of positive psychology and meta-diagnostic treatment on the dimensions of mental quality of sleep, reducing sleep delay, increasing sleep duration, increasing sleep efficiency, reducing sleep disorders, reducing the use of sleeping pills, reducing daily functional disorders.

General information

Reason for update

Acronym

صدیقی

IRCT registration information

IRCT registration number: **IRCT20191221045844N1**
Registration date: **2020-10-18, 1399/07/27**
Registration timing: **retrospective**

Last update: **2020-10-18, 1399/07/27**
Update count: **0**

Registration date

2020-10-18, 1399/07/27

Registrant information

Name

somaye Sedighi

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 54 3342 5437

Email address

sedighi.somaye92@gmail.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2020-01-25, 1398/11/05

Expected recruitment end date

2020-06-09, 1399/03/20

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Comparison of the Effect of Positive Psychology and Meta-Diagnosis on Sleep Quality of Emergency 115 Personnel

Public title

Comparison of the Effect of Positive Psychology and Meta-Diagnosis on Sleep Quality of Emergency 115 Personnel

Purpose

Other

Inclusion/Exclusion criteria

Inclusion criteria:

Having the ability to read and write Having the ability to communicate effectively Have at least two years of work experience

Exclusion criteria:

Lack of consent to participate in research Genetic and hereditary problems in the field of sleep Diseases that disrupt human sleep.

Age

From **25 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **93**

Randomization (investigator's opinion)

Randomized

Randomization description

For this research, a table of random numbers was used and samples were divided into two intervention groups and one control group.

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

National Committee on Ethics in Biomedical Research

Street address

East J. St. - Arghavanieh., University blvd.

City

Esfahan

Province

Isfehan

Postal code

8155139998

Approval date

2020-01-12, 1398/10/22

Ethics committee reference number

IR.IAU.KHUISF.REC.1398.250

Health conditions studied

1

Description of health condition studied

insomnia

ICD-10 code

G47.00

ICD-10 code description

Insomnia is one of the most common sleep disorders and is characterized by difficulty falling asleep or staying asleep

Primary outcomes

1

Description

sleep quality

Timepoint

three months

Method of measurement

Sleep quality questionnaire

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group 1: In the positive psychotherapy group, the Seligman positive psychotherapy protocol is used. This protocol has been prepared for teaching positive psychology and creating a positive attitude towards life and its various issues by creating positive emotions and using human abilities to improve one's condition, and has been used in various researches. This protocol includes 6 sessions of 90 minutes. It is performed by the researcher once a week at the 115 Emergency Center.The contents of the sessions include the introduction and description of the positive programStrengthen strengths and identify positive emotionsForgiveness and personal legacyIt is gratitude and appreciation.

Category

Other

2

Description

Intervention group: In the transpersonal therapy intervention group, Barlow (2010) transpersonal therapeutic training protocol is used. This protocol is provided for a person with unipolar anxiety disorder and mood disorder with potential epizootic use for other emotional disorders. Medicine is Zahedan. Formed by the researcher.The contents of the sessions include increasing motivation, creating awareness of the impact and interrelationship between thoughts and emotions, identifying automatic maladaptive assessments and common areas of thinking, cognitive reassessment and increasing flexibility in recognizing emotion avoidance patterns, familiarity with different emotion avoidance strategies, awareness Finding the logic of emotional encounters and preventing the avoidance and prevention of recurrence.

Category

Other

3

Description

Control group:There was no intervention in the control group

Category

Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Emergency 115

Full name of responsible person

Fariborz Rashedi

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Ayatollah Motahari Blvd

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Islamic Azad University

Full name of responsible person

Majid Toghyani

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East J Street; Arghananieh

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esfahan

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toghiani@hotmail.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

Other

Person responsible for general inquiries

Contact

Name of organization / entity

Zahedan University of Medical Sciences

Full name of responsible person

Somayeh Sedighi

Position

Nurse

Latest degree

Bachelor

Other areas of specialty/work

Nursery

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Contact

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Person responsible for updating data

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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
Not applicable
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
Not applicable
Data Dictionary
Not applicable