

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

01 Aug 2026

### The Effect of Group Counseling With Positive Psychology Approach on Psychological Capital and Quality and Life in Postmenopausal Women.

#### Protocol summary

##### Study aim

Determining the Effect of Group Counseling with Positive Psychological Approach on Psychological Capital and Quality of Life of Postmenopausal Women.

##### Design

Positive Psychological Interventions will be presented to the intervention group once a week for 8 sessions of 75-90 minutes. The number of participants in each session is 12. At the beginning, after the end of the last counseling session and two months after the end of the sessions, the questionnaires will be provided to the participants. After the data analysis, four consultation sessions will be held for the control group.

##### Settings and conduct

The research study population is the menopausal women that refer to healthcare of Takab city.

##### Participants/Inclusion and exclusion criteria

Entry criteria: At least primary education, Resident of Takab city, The age between 48-60, Lack of menstruation in the past year, Not taking hormones and smoking for the past 6 months, No history of hysterectomy and ophthalmic surgery, Having mental health, No major stress in the last six month, No having acute and chronic disease, Agree to participate in the research Exclude criteria: Don't complete the questionnaire, Having the disease during the study, The occurrence of major stressful events during the research, reluctance to continue to participate in the study, non-attendance at more than two counseling sessions, Occurrence of abnormal bleeding during the study.

##### Intervention groups

for the intervention group, the counseling will be held in groups of eight sessions of 75-90 minutes per week with a positive approach. The number of members in the group counseling of the two groups will be 12 and in one group will be 11, and at the end of each session, homework will be given to the participants.

##### Main outcome variables

Psychological Capital, Quality of Life

#### General information

##### Reason for update

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT20200210046448N1**

Registration date: **2020-07-05, 1399/04/15**

Registration timing: **registered\_while\_recruiting**

Last update: **2020-07-05, 1399/04/15**

Update count: **0**

##### Registration date

2020-07-05, 1399/04/15

##### Registrant information

##### Name

leila rastegari

##### Name of organization / entity

##### Country

Iran (Islamic Republic of)

##### Phone

+98 24 3314 8402

##### Email address

lrastegari@zums.ac.ir

##### Recruitment status

**Recruitment complete**

##### Funding source

##### Expected recruitment start date

2020-05-21, 1399/03/01

##### Expected recruitment end date

2020-10-21, 1399/07/30

##### Actual recruitment start date

empty

##### Actual recruitment end date

empty

##### Trial completion date

empty

##### Scientific title

The Effect of Group Counseling With Positive Psychology Approach on Psychological Capital and Quality and Life in Postmenopausal Women.

**Public title**  
The Effect of Group Counseling With Positive Psychology Approach on Psychological Capital and Quality of Life in Postmenopausal Women.

**Purpose**  
Other

**Inclusion/Exclusion criteria**  
**Inclusion criteria:**  
 Resident of Takab city Age between 48-60 Lack of menstruation in the past year Not taking hormones and smoking for the apst 6 months No history of hysterectomy and oophorectomy Having mental health No major stress in the last six months Lack of acute and chronic disease Agreement to participate in the research  
**Exclusion criteria:**  
 Age over 60 and under 48 years History of hysterectomy and ophorectomy Having an acute and chronic illness History of relatives' deaths in the last six months Getting mentally ill and taking psychiatric medications substances Participation in training sessions and similar consultations

**Age**  
From **48 years** old to **60 years** old

**Gender**  
Female

**Phase**  
N/A

**Groups that have been masked**  
*No information*

**Sample size**  
Target sample size: **70**

**Randomization (investigator's opinion)**  
Randomized

**Randomization description**  
The collected samples will be divided into two intervention and control groups using randomized block 4. In each block, two assignments will be assigned to the intervention group and two allocations for the control group, which will create a total of 6 modes. Then, using the random numbers table, the selection of samples will continue until the sample size reaches 70 people.

**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 of Zanjan University of Medical Sciences  
**Street address**  
 School of Nursing and Midwifery , Haj Ahmad Mahdavi ,Karmandan town ,Zanjan  
**City**  
 Zanjan  
**Province**  
 Zanjan  
**Postal code**  
 4513956113  
**Approval date**  
 2020-02-08, 1398/11/19  
**Ethics committee reference number**  
 IR.ZUMS.REC.1398.455

## Health conditions studied

**1**  
**Description of health condition studied**  
 Psychological Capital  
**ICD-10 code**  
**ICD-10 code description**

**2**  
**Description of health condition studied**  
 Quality of Life  
**ICD-10 code**  
**ICD-10 code description**

## Primary outcomes

**1**  
**Description**  
 Psychological Capital  
**Timepoint**  
 Before of Intervention, The end of Consulting Session, Two Months After the Intervention  
**Method of measurement**  
 Psychological Capital Questionnaire

**2**  
**Description**  
 Quality of Life  
**Timepoint**  
 Before of Intervention, The end of Consulting Session, Two Months After the Intervention  
**Method of measurement**  
 Quality of Life Questionniare

## Secondary outcomes

empty

## Intervention groups

### 1

#### Description

Intervention group: Consultation with a positive psychology approach for the intervention group in a group and eight sessions of 75-90 minutes, will be held a weekly one session. The number of members in the group consultation will be 12, and at the end of each session homework assignments will be given to participants.

#### Category

Treatment - Other

### 2

#### Description

Control group: After the intervention If the participants in the control group wish, 4 positive psychological counseling sessions will be held for them.

#### Category

Other

## Recruitment centers

### 1

#### Recruitment center

##### Name of recruitment center

Takab County Health Care Center

##### Full name of responsible person

Shifteh Hashem Zade

##### Street address

Health center, Enghelab Street, Takab

##### City

Takab

##### Province

West Azarbaijan

##### Postal code

5991669689

##### Phone

+98 44 4552 2871

##### Email

shifteh.h@yahoo.com

## Sponsors / Funding sources

### 1

#### Sponsor

##### Name of organization / entity

Zanjan University of Medical Sciences

##### Full name of responsible person

Dr. Mohamadreza Dinmohammadi

##### Street address

Zanjan University of Medical Science, Azadi Square,

##### City

Zanjan

##### Province

Zanjan

##### Postal code

4513956113

##### Phone

+98 24 4133 8138

##### Email

shifteh.h@yahoo.com

##### Grant name

Thesis

##### Grant code / Reference number

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

No

##### Title of funding source

Zanjan University of Medical Science

##### 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

Zanjan University of Medical Sciences

##### Full name of responsible person

Shifteh Hashemzade

##### Position

Midwifery Counseling Student

##### Latest degree

Bachelor

##### Other areas of specialty/work

Midwifery

##### Street address

School of Nursing and Midwifery , Karmandan  
Boulevard

##### City

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##### Province

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##### Postal code

4513665758

##### Phone

+98 24 3314 8318

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## Person responsible for scientific inquiries

#### Contact

##### Name of organization / entity

Zanjan University of Medical Sciences

##### Full name of responsible person

Leila Rastgari

**Position**

Educator, Faculty

**Latest degree**

Master

**Other areas of specialty/work**

Midwifery

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**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**

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**

Publishable data include of Published articles, General  
Result of Interpretation

**When the data will become available and for how long**

Since 1400

**To whom data/document is available**

For Researchers and Students at Academic and Scientific  
Institution.

**Under which criteria data/document could be used**

Get Permission from Authors.

**From where data/document is obtainable**

Executor of the Project and Author.

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

Contact or Send Email to Executor or Author.

**Comments****Person responsible for updating data****Contact****Name of organization / entity**

Zanzan University of Medical Sciences

**Full name of responsible person**

Shifte Hashemzade

**Position**

Master Degree Student in Midwifery Counseling

**Latest degree**

Bachelor

**Other areas of specialty/work**

Midwifery

**Street address**

School of Nursing and Midwifery, Karmandan  
Boulevard,

**City**

Zanzan

**Province**

Zanzan