

Clinical Trial Protocol

Iranian Registry of Clinical Trials

28 Jun 2026

The study of the effectiveness of intervention on psychological well-being, the quality and quality of life of students at the University of Mashhad Medical Sciences University

Protocol summary

Study aim

The aim of this study was to evaluate the effectiveness of a positive intervention on psychological well-being, resilience and quality of life of dormitory students of Mashhad University of Medical Sciences.

Design

Clinical case trial in two groups of control and intervention, with parallel groups, one-way blind, randomized, on 53 people, using a random number table from www.randomization.com

Settings and conduct

This study will be conducted with the participation of dormitory students of Mashhad University of Medical Sciences. These individuals are selected by availability and participants will be selected according to the inclusion criteria. This process will continue until the sample size is completed in both groups. Divides intervention and control into two groups, A and B. When providing research information to the analyst, the analyst is unaware of this naming.

Participants/Inclusion and exclusion criteria

Enjoy psychiatric health (no psychiatric disorder) based on an initial interview with a clinical psychologist

Intervention groups

After determining the sample size, individuals are divided into control and intervention groups (intervention group is a group for which positive intervention is performed that 8 sessions of positive intervention will be performed for the intervention group in four weeks. The control group does not receive intervention) Only at the end of the project, a positive psychology training session will be held for them and a questionnaire on psychological well-being, quality of life and productivity will be taken.

Main outcome variables

Psychological well-being; Resilience; Quality of Life; Social Performance; Independence; Environmental

dominance; Personal growth; Positive relationships with others; Limitations of students' feelings; Purposefulness in life; Self acceptance; Physical function; general health; Student vitality; mental health

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20201007048968N1**

Registration date: **2021-05-27, 1400/03/06**

Registration timing: **prospective**

Last update: **2021-05-27, 1400/03/06**

Update count: **0**

Registration date

2021-05-27, 1400/03/06

Registrant information

Name

Masumeh Eshghizaveh

Name of organization / entity

Country

Iran (Islamic Republic of)

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+98 51 3621 3282

Email address

eshghizavehm3@mums.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2021-06-20, 1400/03/30

Expected recruitment end date

2021-09-22, 1400/06/31

Actual recruitment start date

empty

Actual recruitment end date
empty

Trial completion date
empty

Scientific title
The study of the effectiveness of intervention on psychological well - being, the quality and quality of life of students at the University of Mashhad Medical Sciences University

Public title
"The effectiveness of positive intervention on psychological well - being " "The effectiveness of positive intervention on resilience " "The effectiveness of positive intervention on quality of life "

Purpose
Education/Guidance

Inclusion/Exclusion criteria
Inclusion criteria:
Having psychiatric health (no psychiatric disorder) based on the initial interview Be a student of Mashhad University of Medical Sciences Be a resident of the dormitory at Mashhad University of Medical Sciences
Exclusion criteria:
The person is taking drugs or abusing drugs The person has a psychiatric disorder Graduated from the University of Medical Sciences

Age
No age limit

Gender
Both

Phase
N/A

Groups that have been masked

- Data analyser

Sample size
Target sample size: 53

Randomization (investigator's opinion)
Randomized

Randomization description
In this study, a randomized clinical trial with a two-group control group of the study population is the dormitory students of Mashhad University of Medical Sciences (considering that there are students from different fields and sections on campus). The research units are based on a randomized list and are assigned to the intervention and control groups as one in between. The intervention groups will be 10 to 12 people. In the intervention group, 8 sessions of positive intervention training are taught according to the protocol of Seligman et al. During 4 weeks by a psychologist in the house of culture of the campus dormitory. Immediately after holding training sessions in the intervention group and also one month after completing the research tools in the first stage in the control group, both groups are asked to fill out a questionnaire on psychological well-being, resilience and quality of life. A training session will be held for the control group. At the end, the data will be analyzed using SPSS 16 software and the results will be reported.

Blinding (investigator's opinion)
Single blinded

Blinding description
The researcher first divides the intervention and control groups into two groups, A and B. When the research information is provided to the analyzer, the analyzer is not aware of this naming.

Placebo
Not used

Assignment
Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethics Committee of Mashhad University of Medical Sciences

Street address

Bu Ali Square, Ibn Sina Hospital

City

Mashhad

Province

Razavi Khorasan

Postal code

9195983134

Approval date

2020-01-28, 1398/11/08

Ethics committee reference number

IR.MUMS.MEDICAL.REC.1398.882

Health conditions studied

1

Description of health condition studied

The effectiveness of positivist intervention on psychological well-being the effectiveness of positivist intervention reflect the effectiveness of positivist intervention on quality of life

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description

Psychological well-being

Timepoint

At the beginning of the study (before the intervention) and immediately after the end of the training sessions

Method of measurement

Psychological well-being scale (short form):

2

Description

Resilience

Timepoint

At the beginning of the study (before the intervention) and immediately after the end of the training sessions

Method of measurement

Connor and Davidson water hydration questionnaire

3

Description

Quality of Life

Timepoint

At the beginning of the study (before the intervention) and immediately after the end of the training sessions

Method of measurement

Psychological well-being (Reef), resilience questionnaire (Connor and Davidson), quality of life questionnaire (in two physical and mental dimensions)

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: The Positive Psychology Training Program, an 8-session practical guide, will be implemented. The training will last for 4 weeks in the form of 8 2-hour sessions. The intervention is performed twice a week in groups of 10 to 12 people in three groups at a distance of two weeks from the previous group, which takes place at the House of Culture House on Mondays and Wednesdays from 2 to 4 pm. To teach positivity, the instructor will use lectures, PowerPoint, small group discussions, large group discussions, brainstorming, and homework. The main content of the educational intervention is determined by considering the texts in the books of positive psychology (Seligman's inner happiness book and Seligman's book of prosperity).

Category

Rehabilitation

2

Description

Control group: The control group does not receive any intervention. Only at the end of the project, a positive psychology training session is held for them and a

Category

Rehabilitation

Recruitment centers

1

Recruitment center

Name of recruitment center

Counseling and Mental Health Center of Mashhad
University of Medical Sciences

Full name of responsible person

Negar Asghari Pour

Street address

Azadi Square, Ferdowsi University of Mashhad, Old
University of Pharmacy

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Mashhad University of Medical Sciences

Full name of responsible person

Mohsen Tafaghodi

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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

Mashhad 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

Mashhad University of Medical Sciences

Full name of responsible person

Negar Asghari Pour

Position

Assistant Professor

Latest degree

Ph.D.

Other areas of specialty/work

Psychology

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Azadi Square, Ferdowsi University of Mashhad,
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Person responsible for scientific inquiries**Contact****Name of organization / entity**

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Full name of responsible person

Negar Asghari Pour

Position

Assistant Professor

Latest degree

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Other areas of specialty/work

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

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Full name of responsible person

Masoumeh Eshghi Zaveh

Position

Consultant

Latest degree

Master

Other areas of specialty/work

Psychology

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Sharing plan**Deidentified Individual Participant Data Set (IPD)**

Yes - There is 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

Yes - There is 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

Not applicable

Title and more details about the data/document

All data is potentially shareable after unidentifiable individuals

When the data will become available and for how long

Access period 1 month after printing the results

To whom data/document is available

For the public

Under which criteria data/document could be used

There are no special conditions

From where data/document is obtainable

Counseling and Mental Health Office of Mashhad
University of Medical Sciences, Contact Number
05138820047

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

Send a request by email to the person in charge of the scientific respondent

Comments