

Clinical Trial Protocol

Iranian Registry of Clinical Trials

10 Jul 2026

The effect of virtual group counseling with positive psychology on symptoms of premenstrual syndrome in students' of Zanjan university of medical sciences

Protocol summary

Study aim

Determining the effect of virtual group counseling with positive psychology on symptoms of premenstrual syndrome in students' of Zanjan university of medical sciences in 2020

Design

Clinical trial with control group, randomized, with a sample size of 40 people

Settings and conduct

Sampling will be Done From Dormitory of Zanjan University of Medical Sciences. Firstly, 40 Eligible Women will be Selected by Convenience Method and Then will be Allocated to The Intervention and Control Groups based on The Four Blocks That are Extracted by Statistical Software. We do not have Blindness in This Study.

Participants/Inclusion and exclusion criteria

Be at least 18 years old Informed consent from participants Students living in dormitories Mild to moderate levels of PMS symptoms based on PSST questionnaire Regular menstruation at intervals between 21-35 days and bleeding duration 2-7 days Score less than or equal to 28 in the General Health Questionnaire Absence of physical and mental illness, using the general health questionnaire Lack of special diet Absence of stressful events such as parental separation, personal divorce, severe financial failure, accident, death of loved ones and surgery from 6 months before the study Lack of recent use of drugs affecting premenstrual syndrome

Intervention groups

Group counseling will be held online under the supervision of supervisors and advisors in the Whats App . The number of members in the counseling sessions is between 7 to 10 people. The sessions, which are for 6 sessions, will be held weekly and consecutively for 60 to 90 minutes. In order to observe ethics for the control group, after completing the study, a similar virtual training class will be held in three sessions compactly.

Main outcome variables

Severity of symptoms of PMS; Psychological capital

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20201113049377N1**

Registration date: **2020-12-08, 1399/09/18**

Registration timing: **registered_while_recruiting**

Last update: **2020-12-08, 1399/09/18**

Update count: **0**

Registration date

2020-12-08, 1399/09/18

Registrant information

Name

Parvin Mohebbi

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 24 3344 6258

Email address

p.mohebbi11@gmail.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2020-11-30, 1399/09/10

Expected recruitment end date

2021-02-28, 1399/12/10

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date
empty

Scientific title
The effect of virtual group counseling with positive psychology on symptoms of premenstrual syndrome in students' of Zanjan university of medical sciences

Public title
The effect of virtual group counseling with positive psychology on symptoms of premenstrual syndrome

Purpose
Education/Guidance

Inclusion/Exclusion criteria
Inclusion criteria:
Be at least 18 years old Informed consent from participants Students living in dormitories Mild to moderate levels of PMS symptoms based on PSST questionnaire Regular menstruation at intervals between 21-35 days and bleeding duration 2-7 days Score less than or equal to 28 in the General Health Questionnaire Absence of physical and mental illness, using the general health questionnaire Lack of special diet Absence of stressful events such as parental separation, personal divorce, severe financial failure, accident, death of loved ones and surgery from 6 months before the study Lack of recent use of drugs affecting premenstrual syndrome
Exclusion criteria:
Unwilling to Participate in The Study Occurrence of tragic events such as death, family disputes, separation from parents, severe financial problems and death of loved ones during the research period The Absence of More Than one Sessions consultation Lack of cooperation in completing research tools

Age
From **18 years** old

Gender
Female

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **40**

Randomization (investigator's opinion)
Randomized

Randomization description
After selection, individuals will be assigned to the intervention and control groups using the quadruple random block method. For this purpose, in 4 blocks, two allocations to the intervention group and two allocations to the control group are considered and there are a total of 6 modes. The four blocks created are selected so that the sample size reaches 40 people. In order to hide random allocation, the method of opaque sealed envelopes with random sequence will be used. The tool of generate a sequence will be random number table.

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
No. 3539, Badr 9 Ave, Zanjan city
City
Zanjan
Province
Zanjan
Postal code
4514913459

Approval date
2020-11-20, 1399/08/30

Ethics committee reference number
IR.ZUMS.REC.1399.287

Health conditions studied

1

Description of health condition studied
premenstrual syndrome

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description
symptoms of premenstrual syndrome

Timepoint
Before study, one month later, two month later

Method of measurement
PSST Questionnaire

2

Description
Psychological capital

Timepoint
Before study, one month later, two month later

Method of measurement
Psychological Capital Questionnaire

Secondary outcomes

empty

Intervention groups

1

Description

Participants in the intervention group will receive 6 consecutive virtual group counseling sessions based on positive psychology for 60 to 90 minutes. The duration of the course is one and a half months and The content of the sessions includes competencies, acquainting people with positive emotions, training on using the top 5 competencies to help others, practicing gratitude in life, and so on.

Category

Prevention

2

Description

Control group: The control group is 20 people who will hold a similar virtual training class in three sessions in order to observe ethics for the control group after completing the study.

Category

Prevention

Recruitment centers

1

Recruitment center

Name of recruitment center

Student dormitory of Zanjan University of Medical Sciences

Full name of responsible person

Parvin Mohebbi

Street address

No. 3539; Badr 9 Ave, Zanjan City

City

Zanjan

Province

Zanjan

Postal code

4514913459

Phone

+98 24 3344 6258

Email

p.mohebbi11@gmail.com

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Zanjan University of Medical Sciences

Full name of responsible person

Dr Alireza Shoghli

Street address

ZUMS Central Office, Azadi Square, Zanjan, Zanjan.

City

Zanjan

Province

Zanjan

Postal code

4515613191

Phone

+98 24 3342 0677

Email

shoghli@zums.ac.ir

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Zanjan 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

Zanjan University of Medical Sciences

Full name of responsible person

Parvin Mohebbi

Position

Msc Student in Midwifery Counseling

Latest degree

Bachelor

Other areas of specialty/work

Midwifery

Street address

Gavazang Road, Zanjan University Of Medical Sciences, Zanjan

City

Zanjan

Province

Zanjan

Postal code

4515613191

Phone

+98 24 3345 7707

Email

hm.mirzaeyan@gmail.com

Person responsible for scientific inquiries

Contact

Name of organization / entity

Zanjan University of Medical Sciences

Full name of responsible person

Parvin Mohebbi

Position

Instructor - Faculty member

Latest degree

Master

Other areas of specialty/work

Midwifery

Street address

No. 3539, Badr Ave.

City

Zanjan

Province

Zanjan

Postal code

4514913459

Phone

+98 24 3344 6258

Email

p.mohebbi11@gmail.com

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

Zanjan University of Medical Sciences

Full name of responsible person

Parvin Mohebbi

Position

Instructor - Faculty member

Latest degree

Master

Other areas of specialty/work

Midwifery

Street address

No. 3539, Badr Ave.

City

Zanjan

Province

Zanjan

Postal code

4514913459

Phone

+98 24 3344 6258

Email

p.mohebbi11@gmail.com

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

No - There is not a plan to make this available

Justification/reason for indecision/not sharing IPD

Dissatisfaction participants

Study Protocol

No - There is not a plan to make this available

Statistical Analysis Plan

No - There is not a plan to make this available

Informed Consent Form

No - There is not a plan to make this available

Clinical Study Report

No - There is not a plan to make this available

Analytic Code

No - There is not a plan to make this available

Data Dictionary

No - There is not a plan to make this available