Clinical Trial Protocol
Iranian Registry of Clinical Trials

17 Sep 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

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No. 3539; Badr 9 Ave, Zanjan City

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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.

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4515613191

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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

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Person responsible for scientific inquiries

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Position
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Other areas of specialty/work
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Person responsible for updating data

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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