

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

03 Jun 2026

### Effect of training Strategies For gratitude increase (based on the Emmons, Seligman and Verbal-Action pattern) on the expansion of Positive Affectivity, Happiness and Optimism.

#### Protocol summary

##### Summary

Introduction: Gratitude is a construct that attracts much attention in recent decades. The aim of this study is to examine the effect of training strategies for gratitude increase (based on the Emmons & Seligman pattern) on the expansion of Positive Affectivity, Happiness and Optimism. Methods: this is a single blind randomized controlled trial with the use of control groups with neutral events. Inclusion criteria: agreeing to participate in the study and low positive effect. 50 subjects having the inclusion criteria were randomly allocated into 7 intervention and controls groups and had to fill the relevant assessment forms before the intervention and 15 days after intervention. The strategies in the seven group were: 1) increase of gratitude based on Emmons; 2) increase of gratitude based on Seligman; 3) increase of gratitude based on verbal-action; 4) neutral events based on Emmons; 5) neutral based on Seligman; 6) neutral event of verbal-action; 7) control with no intervention. Study outcome measures included positive affect, happiness and optimism

#### General information

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT201010114916N1**  
Registration date: **2010-12-29, 1389/10/08**  
Registration timing: **retrospective**

Last update:

Update count: **0**

##### Registration date

2010-12-29, 1389/10/08

##### Registrant information

Name

Zeynab Lashani

##### Name of organization / entity

Shahed university

##### Country

Iran (Islamic Republic of)

##### Phone

+98 21 5595 1581

##### Email address

lashani@shahed.ac.ir

##### Recruitment status

**Recruitment complete**

##### Funding source

investigator

##### Expected recruitment start date

2009-04-21, 1388/02/01

##### Expected recruitment end date

2009-07-06, 1388/04/15

##### Actual recruitment start date

empty

##### Actual recruitment end date

empty

##### Trial completion date

empty

##### Scientific title

Effect of training Strategies For gratitude increase (based on the Emmons, Seligman and Verbal-Action pattern) on the expansion of Positive Affectivity, Happiness and Optimism.

##### Public title

Effect of training Strategies For gratitude increase on the expansion of Positive Affectivity, Happiness and Optimism.

##### Purpose

Health service research

##### Inclusion/Exclusion criteria

low positive affect of average (X=5/47, S= 87/35) in

university students who agreed to participate in this research and signed a consent form

### Age

No age limit

### Gender

Both

### Phase

N/A

### Groups that have been masked

No information

### Sample size

Target sample size: 50

### Randomization (investigator's opinion)

Randomized

### Randomization description

### Blinding (investigator's opinion)

Single blinded

### Blinding description

### Placebo

Used

### Assignment

Parallel

### Other design features

## Secondary Ids

empty

## Ethics committees

### 1

#### Ethics committee

##### Name of ethics committee

Shahed University

##### Street address

Khalij Fars Av. in front of Khomeini Shrine, Shahed University of Tehran

##### City

Tehran

##### Postal code

3319118651

#### Approval date

2009-04-21, 1388/02/01

#### Ethics committee reference number

858142003

## Health conditions studied

### 1

#### Description of health condition studied

low positive affect

#### ICD-10 code

-

#### ICD-10 code description

-

## Primary outcomes

### 1

#### Description

positive affect

#### Timepoint

15 days

#### Method of measurement

PANAS questionnaire: positive and negative scale

## Secondary outcomes

### 1

#### Description

optimism

#### Timepoint

15 days

#### Method of measurement

Lot questionnaire

### 2

#### Description

happiness

#### Timepoint

15 days

#### Method of measurement

Oxford questionnaire

## Intervention groups

### 1

#### Description

Training Strategy for gratitude increase based on Emmons

#### Category

Behavior

### 2

#### Description

Training Strategy for Seligman gratitude increase based on Dickerhoof, R. M. (2007) that letter are not sent to benefactor.

#### Category

Behavior

### 3

#### Description

Training Strategy for gratitude increase based on verbal-action to benefactor, developed by the researcher of current trial

#### Category

Behavior

### 4

#### Description

Emmons neutral events strategy that subjects counting neutral events during the intervention. This group is the same as Emmons gratitude strategy without any

gratitude order.

**Category**

Behavior

**5**

**Description**

Seligman neutral strategy based on training Strategy to Seligman gratitude increase. Dickerhoof (2007) Letter content is not related to gratitude

**Category**

Behavior

**6**

**Description**

Neutral verbal-action strategy is the same as verbal-action gratitude strategies, without gratitude orders.

**Category**

Behavior

**7**

**Description**

Control

**Category**

N/A

**Recruitment centers**

**1**

**Recruitment center**

**Name of recruitment center**

Shahed University

**Full name of responsible person**

**Street address**

**City**

Tehran

**2**

**Recruitment center**

**Name of recruitment center**

Valiasr University

**Full name of responsible person**

**Street address**

**City**

Tehran

**3**

**Recruitment center**

**Name of recruitment center**

Elm-o-Farhang university

**Full name of responsible person**

**Street address**

**City**

Tehran

**Sponsors / Funding sources**

**1**

**Sponsor**

**Name of organization / entity**

Shahed University

**Full name of responsible person**

Dr. Mohammad Reza Shaieri

**Street address**

Khalij Fars Av. in front of Khomeini Shrine, Shahed University

**City**

Tehran

**Grant name**

**Grant code / Reference number**

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

Yes

**Title of funding source**

Shahed University

**Proportion provided by this source**

100

**Public or private sector**

*empty*

**Domestic or foreign origin**

*empty*

**Category of foreign source of funding**

*empty*

**Country of origin**

**Type of organization providing the funding**

*empty*

**Person responsible for general inquiries**

**Contact**

**Name of organization / entity**

Shahed university

**Full name of responsible person**

Zeynab Lashani

**Position**

MA in Clinical Psychology

**Other areas of specialty/work**

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**Other areas of specialty/work**

**Street address**

**City**

**Postal code**

**Phone**

**Fax**

**Email**

**Web page address**

**Sharing plan**

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

*empty*

**Study Protocol**

*empty*

**Statistical Analysis Plan**

*empty*

**Informed Consent Form**

*empty*

**Clinical Study Report**

*empty*

**Analytic Code**

*empty*

**Data Dictionary**

*empty*