

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

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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

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Full name of responsible person

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Position

MA in Clinical Psychology

Other areas of specialty/work

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Other areas of specialty/work

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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