

Clinical Trial Protocol

Iranian Registry of Clinical Trials

26 Jul 2026

The effect of counseling based positive psychology on the body image of burn patient

Protocol summary

Study aim

Determining the effect of counseling based on positive psychology on the body image of burn patients

Design

30 members of the selected study group will be given 6 sessions of counseling based on positive psychology for 3 weeks, two one-hour sessions per week. The control group, with parallel groups, before the intervention. At the end of the intervention, the multidimensional body-self relations questionnaire is completed.

Settings and conduct

This study will be performed in the burn unit of Imam Khomeini Hospital at Kermanshah, and counseling based on positive psychology to 30 selected patients per day for them who It is determined to be presented within 3 weeks. Before the intervention and at the end of the intervention, the questionnaire of multidimensional body-self relations is completed.

Participants/Inclusion and exclusion criteria

Entry requirements: Grade 2 and higher burns No mental problems and mental disorders Being 18 to 50 years old Acceptable listening and speaking ability Requires follow-up for at least a month or more Interest in cooperation No drug addiction and sedatives No entry: Grade 1 burns Drug addiction and sedatives Having mental problems and mental disorder Age less than 18 years The duration of follow-up treatment is less than one month

Intervention groups

To the intervention group, in addition to the usual treatment, counseling based on positive psychology on the body image of burn patients during 3 weeks, which is provided twice a week for one hour, educational content (hope, happiness, gratitude, etc.), but The control group receives only routine medical services and does not receive any intervention.

Main outcome variables

Body image

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20210308050629N1**

Registration date: **2021-04-29, 1400/02/09**

Registration timing: **prospective**

Last update: **2021-04-29, 1400/02/09**

Update count: **0**

Registration date

2021-04-29, 1400/02/09

Registrant information

Name

Zahra Moradi

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 83 1726 8030

Email address

zahra59.moradi@gmail.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2021-05-22, 1400/03/01

Expected recruitment end date

2021-07-23, 1400/05/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of counseling based positive psychology on the body image of burn patient

Public title

Investigating the effect of counseling based on positive psychology on body image

Purpose

Education/Guidance

Inclusion/Exclusion criteria

Inclusion criteria:

Grade 2 and higher burns No mental problems and mental disorders Being 18 to 50 years old Acceptable listening and speaking ability Requires follow-up for at least a month or more Interest in cooperation No drug addiction and sedatives

Exclusion criteria:

Grade 1 burns Drug addiction and sedatives Having mental problems and mental disorder Age less than 18 years The duration of follow-up treatment is less than one month

Age

From **18 years** old to **50 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **60**

Randomization (investigator's opinion)

Randomized

Randomization description

Eligible samples, after obtaining informed consent, will be randomly assigned to the intervention and control groups by simple random sampling. For each of the two intervention and control groups, 30 people will be considered (60 people in total). In this study, a simple randomization method was used to perform random allocation (allocation concealment). In this way, 60 cards that were identical in appearance were prepared and on 30 of them, the number or code 1, which identifies the test group, ie counseling based on positive psychology, and on the other 30 of them, the number or code 2, which identifies The control group was included. Then, each eligible person randomly selected one of these cards with the codes written on it. In this way, the random allocation of patients to each group was determined.

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 Kermanshah University of Medical Sciences

Street address

Burn unit, Imam Khomeini Hospital- Naghlieh Street

City

Kermanshah

Province

Kermanshah

Postal code

6718743161

Approval date

2021-03-09, 1399/12/19

Ethics committee reference number

IR.KUMS.REC.1399.1202

Health conditions studied

1

Description of health condition studied

Body image

ICD-10 code

F88

ICD-10 code description

Other disorders of psychological development

Primary outcomes

1

Description

Body image

Timepoint

At the beginning of the study (before the intervention) and at the end of the study (counseling based on positive psychology)

Method of measurement

Multidimensional body-self relations questionnaire

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: After obtaining informed consent, eligible samples are divided into two groups of intervention A and control B (each group includes 30 people) by simple random sampling method. Patients with grade 2 or higher burns who also need follow-up care for at least one month are selected. The purpose and method of conducting the research is explained to them by the researcher. At first, both groups are given a

body image pre-test questionnaire (this questionnaire is a 46-item test. The six-dimensional test questions measure body-self relations, including face evaluation, face orientation, fitness evaluation, fitness orientation, mental weight, and physical satisfaction on a 5-point Likert scale (1 = strongly disagree to 5 = strongly agree)). To complete it, and then Group A, which includes 30 randomly selected patients, according to the patients' condition, counseling sessions based on positive psychology by the researcher with the approval of the relevant professors in a quiet environment located in the examination room of the burn clinic, at the time Patients are expected to visit a doctor and undergo treatment according to the agreement with the patients and will be done with their companions for 60 minutes, in order not to meet groups A and B, the time of group A meetings is even days and the time of group B meetings are considered individual days. The content of training sessions after extracting from reliable sources The concept of positivity, teaching happiness skills, the concept of appreciation and hope, the meaning of life, as well as consulting with professors is designed in 6 sessions. In the last session, closing and thanking the members, presenting a summary of the topics of the sessions to the members, completing the post-test questionnaires.

Category

Behavior

2

Description

Control group: Group B or the control group, which includes 30 randomly selected patients, is first given a body image pre-test questionnaire (this questionnaire is a 46-item test. The body measures fitness orientation, mental weight, and physical satisfaction on a 5-point Likert scale (1 = strongly disagree to 5 = strongly agree)). In order not to meet in groups A and B, the time of group A meetings is considered as even days and the time of group B meetings is considered as individual days. However, training and counseling sessions based on positive psychology are not provided for the control group, and they only receive their usual treatment. After the allotted time, the post-test physical image questionnaire, which was completed at the beginning of the study, was completed by the control group to examine the effectiveness of counseling sessions based on positive psychology.

Category

Behavior

Recruitment centers

1

Recruitment center

Name of recruitment center

Imam Khomeini Hospital in Kermanshah

Full name of responsible person

Zahra Moradi

Street address

Burn unit, Imam Khomeini Hospital- Naghlieh Street

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Postal code

6718743161

Phone

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Email

zahra59.moradi@gmail.com

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Kermanshah University of Medical Sciences

Full name of responsible person

Dr. Reza Khoda Rahmi

Street address

Building No. 2, Deputy of Research and Technology, Shahid Beheshti Boulevard

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Province

Kermanshah

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Phone

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Email

daftarriasat@kums.ac.ir

Web page address

<https://www.kums.ac.ir/>

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Kermanshah 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

Kermanshah University of Medical Sciences

Full name of responsible person

Zahra Moradi

Position

Master student of psychiatric nursing

Latest degree

Bachelor

Other areas of specialty/work

Nursery

Street address

No 10, Aram building, Ruhollah Akbari Alley, Khayyam St

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Postal code

6718895617

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zahra59.moradi@gmail.com

Position

Master student of psychiatric nursing

Latest degree

Bachelor

Other areas of specialty/work

Nursery

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Person responsible for scientific inquiries**Contact****Name of organization / entity**

Kermanshah University of Medical Sciences

Full name of responsible person

Dr. Rostam Jalali

Position

Associate Professor and Faculty Member of Kermanshah Department of Internal Medicine and Surgery

Latest degree

Ph.D.

Other areas of specialty/work

Nursery

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School of Nursing and Midwifery-Isar Square - Dolatabad

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6718895617

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rjalali@kums.ac.ir

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

Kermanshah University of Medical Sciences

Full name of responsible person

Zahra Moradi

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

Yes - There is a plan to make this available

Study Protocol

Yes - There is a plan to make this available

Statistical Analysis Plan

Yes - There is a plan to make this available

Informed Consent Form

Yes - There is a plan to make this available

Clinical Study Report

Yes - There is a plan to make this available

Analytic Code

Yes - There is a plan to make this available

Data Dictionary

Not applicable

Title and more details about the data/document

Information about the content of counseling sessions, questionnaire information at the beginning and end of the study without the names of the participants, data analysis.

When the data will become available and for how long

6 months after publishing the results

To whom data/document is available

Researchers working in universities and prestigious scientific centers

Under which criteria data/document could be used

In order to view and as a model with permission

From where data/document is obtainable

To the people in charge of the study, including Zahra Moradi and Dr. Rostam Jalali, call 00989183892861, and send an email to zahra59.moradi@gmail.com

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

Request from the relevant officials and correspond with them by phone and email and provide valid documents

Comments