Clinical Trial Protocol
Iranian Registry of Clinical Trials

09 Nov 2026

The Efficacy of mobile application Positive Psychological Intervention (PPI) on Improving Well-Being Among Students of Hamadan Universities during Corona Virus Pandemic

Protocol summary

Study aim

The Effictiveness of mobile application Positive Psychological Intervention (PPI) on Improving Well-Being Among Students of Hamadan Universities during Corona Virus Pandemic.

Design

A, controlled clinical trial with a parallel-group design of 252 students, who will be registered and studied and will be followed for three months.

Settings and conduct

This study will be conducted in the universities of medical sciences, Islamic Azad in Hamadan City. The sample number is 252 students who will be assigned to intervention groups (intervention and control) by cluster method. The intervention includes fourteen application-based education sessions. The intervention is performed at the universities of the experimental group and three months after the intervention, the questionnaires are completed again and the data obtained from the two groups are analyzed and compared.

Participants/Inclusion and exclusion criteria

Inclusion criteria also include student enrollment in hamadan universities; Desire to participate in the study (completing the consent form, completing the questionnaire), and having completed at least one semester of the student's education at the mentioned university. Exclusion criteria include students who are unable to respond and participate in the study and have a mental illness under psychological counseling elsewhere, suffering from mental illness; Depression and the use of anti-stress and anxiety medications are noted.

Intervention groups

Students of universities in Hamadan will include students of the University of Medical Sciences, Islamic Azad University of Hamadan .

Main outcome variables

Changes in flourishing scores, measuring depressive symptoms, and fear of covid19 scores

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20200914048719N2**
Registration date: **2021-05-03, 1400/02/13**
Registration timing: **retrospective**

Last update: **2021-05-03, 1400/02/13**
Update count: **0**

Registration date

2021-05-03, 1400/02/13

Registrant information

Name

Hanieh Jormand

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 81 3838 0090

Email address

jormand69h@gmail.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2021-04-21, 1400/02/01

Expected recruitment end date

2021-04-30, 1400/02/10

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date
empty

Scientific title
The Efficacy of mobile application Positive Psychological Intervention (PPI) on Improving Well-Being Among Students of Hamadan Universities during Corona Virus Pandemic

Public title
The Efficacy of Positive Psychological Intervention (PPI) on Improving Well-Being Among Students of Hamadan Universities

Purpose
Prevention

Inclusion/Exclusion criteria

Inclusion criteria:
Access to the Internet Being a student in one of the universities in the city of Hamadan Being interested in participating in the study

Exclusion criteria:
Access to the Internet Being a student in one of the universities in the city of Hamadan Being interested in participating in the study

Age
No age limit

Gender
Both

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **252**

Randomization (investigator's opinion)
N/A

Randomization description

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
Vice Chancellor for Technology Research, Hamadan University of Medical Sciences

Street address
Department of public health, School of public health, Hamadan University of Medical Sciences, in front of Mardoom Park, Shahid Fahmideh Blvd; Hamadan

City
Hamadan

Province
Hamadan

Postal code
6517838736

Approval date
2021-04-09, 1400/01/20

Ethics committee reference number
IR.UMSHA.REC.1400.055

Health conditions studied

1

Description of health condition studied
Flourishing , depressive symptoms, and fear of covid-19

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description
Positive emotions

Timepoint
Before, one and three months after the intervention

Method of measurement
The Positive and Negative Affect Schedule Scale

2

Description
Basic Psychological Needs

Timepoint
Before, one and three months after the intervention

Method of measurement
Basic Psychological Needs Satisfaction and Frustration Scale

3

Description
Person-Activity Fit

Timepoint
Before, one and three months after the intervention

Method of measurement
Checklist

4

Description
Positive Though

Timepoint
Before, one and three months after the intervention

Method of measurement
Adult Hope Scale

Secondary outcomes

1

Description
Flourishing
Timepoint
Before one and three months after the intervention
Method of measurement
Flourishing scale

2

Description
depressive symptoms
Timepoint
Before one and three months after the intervention
Method of measurement
Depressive symptoms scale

3

Description
Fear of Covid-19
Timepoint
Before one and three months after the intervention
Method of measurement
Fear of Corona Virus Scale (FCV-19S)

Intervention groups

1

Description
In the intervention group: The educational intervention includes 14 application-based education sessions on positive training sessions, each of which includes 40-45 minutes of training with methods of sending exercises and assignments and using multimedia training materials. For example, the first education session aimed at identifying strengths, the second session with the goal of identifying capability, the third session achieving the goal and the fourth session introducing the annoying situation in the corona days and the fifth session to reduce the fear of coronary heart disease and ..... the fourteenth session will be held with the grace of time and non-procrastination with the mentioned methods and training materials based on the application.
Category
Lifestyle

2

Description
Control group: who did not receive any educational intervention, but in order to comply with research ethics , after receiving the results of three months follow up in the intervention group, all educational interventions will be provided to the control group
Category
Lifestyle

Recruitment centers

1

Recruitment center
Name of recruitment center
Hamadan University of Medical Sciences and Islamic Azad University of Hamadan
Full name of responsible person
Hanieh Jormand
Street address
Department of public health, School of public health, Hamadan University of Medical Sciences, in front of Mardoom Park, Shahid Fahmideh Blvd; Hamadan.
City
Hamadan
Province
Hamadan
Postal code
6517838736
Phone
+98 81 3838 0090
Email
jormand69h@gmail.com

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Hamedan University of Medical Sciences
Full name of responsible person
Saeed Bashirian
Street address
Vice Chancellor for Research and Technology of Hamadan University of Medical Sciences; Hamadan, Iran
City
Hamadan
Province
Hamadan
Postal code
6517619657
Phone
+98 81 3838 0717
Email
Fanavari@umsha.ac.ir
Web page address
http://en.umsha.ac.ir/?p=289
Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
Hamedan 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

Hamedan University of Medical Sciences

Full name of responsible person

Majid Barati

Position

Associate professor

Latest degree

Ph.D.

Other areas of specialty/work

Health Promotion

Street address

Department of public health, School of public health, Hamadan University of Medical Sciences, in front of Mardoom Park, Shahid Fahmideh Blvd; Hamadan

City

Hamadan

Province

Hamadan

Postal code

6517838736

Phone

+98 81 3838 0090

Email

Barati@umsha.ac.ir

Person responsible for scientific inquiries

Contact

Name of organization / entity

Hamedan University of Medical Sciences

Full name of responsible person

Hanieh Jormand

Position

PhD Student

Latest degree

Master

Other areas of specialty/work

Health Promotion

Street address

Department of Public Health, Faculty of Health, Hamadan University of Medical Sciences, in front of Mardoom Park, Shahid Fahmideh Blvd; Hamadan.

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Phone

+98 81 3838 0090

Email

jormand69h@gmail.com

Person responsible for updating data

Contact

Name of organization / entity

Hamedan University of Medical Sciences

Full name of responsible person

Hanieh Jormand

Position

PhD Student

Latest degree

Master

Other areas of specialty/work

Health Promotion

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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

Not applicable

Informed Consent Form

Yes - There is a plan to make this available

Clinical Study Report

Not applicable

Analytic Code

Not applicable

Data Dictionary

Not applicable

Title and more details about the data/document

All data is potentially shareable after unidentified individuals

When the data will become available and for how long

6 months after the publication of the article.

To whom data/document is available

All researchers who request data access to one of the authors of the article.

Under which criteria data/document could be used

For further studies.

From where data/document is obtainable

Vice Chancellor for Research and Technology of Hamadan University of Medical Sciences

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

Up to one month

Comments