

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

27 Jun 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 Effectiveness 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 Thought

**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.

**City**

Hamadan

**Province**

Hamadan

**Postal code**

6517838736

**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

**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

## 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

