

Clinical Trial Protocol

Iranian Registry of Clinical Trials

18 Sep 2026

The Effectiveness of Logotherapy on Reducing Stress and Increasing Resilience and Quality of Life in Obese People

Protocol summary

Study aim

Determining the Effectiveness of Logotherapy on Reducing Stress, Increasing Resilience and Quality of Life in Obese People

Design

Clinical trial with control group (with 20 participants) and experimental group (with 20 participants), community-based, pragmatic, parallel groups, randomised controlled

Settings and conduct

From all patients referred to nutritionist in Razi Clinic who have a BMI above 25, 40 people will be selected by convenience sampling method and will be randomly divided into 2 groups: experimental (20 people) and control (20 people). After performing the pre-test for all participants, the group logotherapy course will be held for experimental group for 10 sessions, each session lasting 90 minutes in 5 weeks (All sessions will be conducted in person at Razi Clinic). The participants receive the training materials through presenting videos, leaflets, flashcards and introducing books, twice a week. No intervention will be performed for the control group. After the end of this course sessions, post-test will be taken from both groups

Participants/Inclusion and exclusion criteria

Inclusion Criteria: Having a BMI higher than 25, Not having any chronic medical condition; Exclusion Criteria: History of psychiatric problems, The distortion of the questionnaire.

Intervention groups

The intervention group consisted of 20 people referred from the Razi subspecialty clinic who were randomly placed in the experimental group with the inclusion criteria. This group got trained by logotherapy topics for 10 sessions. No intervention was performed for the control group consisted of 20 people referred from the Razi subspecialty clinic. Pre-test and post-test were given to both groups.

Main outcome variables

Stress; Resilience; Quality of Life

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20210619051617N1**

Registration date: **2021-11-15, 1400/08/24**

Registration timing: **prospective**

Last update: **2021-11-15, 1400/08/24**

Update count: **0**

Registration date

2021-11-15, 1400/08/24

Registrant information

Name

Sana Kamboozia

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 13 3342 4483

Email address

sana.kamboozia@gmail.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2021-11-18, 1400/08/27

Expected recruitment end date

2021-11-21, 1400/08/30

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The Effectiveness of Logotherapy on Reducing Stress and Increasing Resilience and Quality of Life in Obese People		Postal code	4196614668
Public title		Approval date	2021-06-28, 1400/04/07
The Effectiveness of Logotherapy on Reducing Stress and Increasing Resilience and Quality of Life in Obese People		Ethics committee reference number	IR.IAU.LIAU.REC.1400.024
Purpose		Health conditions studied	
Education/Guidance		1	
Inclusion/Exclusion criteria		Description of health condition studied	
Inclusion criteria:		Obesity	
Having a BMI higher than 25 Satisfaction of people to participate in treatment sessions Not having any chronic medical condition based on the individual's own report		ICD-10 code	
Exclusion criteria:		E66.0	
History of psychiatric problems The distortion of the questionnaire Lack of entrance criteria		ICD-10 code description	
Age		Obesity due to excess calories	
From 24 years old to 65 years old		Primary outcomes	
Gender		1	
Both		Description	
Phase		The stress score in Social Readjustment Rating Scale (SRRS)	
N/A		Timepoint	
Groups that have been masked		Assessment will be done once at the beginning of the study and once after the intervention.	
No information		Method of measurement	
Sample size		Social Readjustment Rating Scale (SRRS)	
Target sample size: 40		2	
Randomization (investigator's opinion)		Description	
Randomized		Resilience Score in the Connor-Davidson Resilience Scale (CD_RIS)	
Randomization description		Timepoint	
The way of sampling in this research, considering the choosing of the entrance of the samples is non-random, and considering the way of placement in the intervention and control group is simple random and done through draw and individual randomization unit.		Assessment will be done once at the beginning of the study and once after the intervention.	
Blinding (investigator's opinion)		Method of measurement	
Not blinded		Connor-Davidson Resilience Scale (CD_RIS)	
Blinding description		3	
Placebo		Description	
Not used		WHOQOL- BREF Score	
Assignment		Timepoint	
Parallel		Assessment will be done once at the beginning of the study and once after the intervention.	
Other design features		Method of measurement	
		WHOQOL- BREF	
Secondary Ids		Secondary outcomes	
empty		empty	
Ethics committees		Intervention groups	
1		1	
Ethics committee		Description	
Name of ethics committee		Intervention group: First, a questionnaire is given to both	
Ethics Committee of Islamic Azad University - Lahijan Branch			
Street address			
No. 67, Daadgostar Alley, Darvazeh Lakan Street, Rasht			
City			
Rasht			
Province			
Guilan			

control group and experimental group. After separating the groups, the logotherapy training intervention was used for the experimental group. Logotherapy is a branch of the existential approach that deals with "finding the meaning and purpose of people's lives to accept their suffering.". Workshop for the experimental group consisted of 10 sessions for 5 weeks in which participants received training twice a week for 90 minutes by presenting videos, booklets, flashcards and introducing books. The sessions are as follows: The first session includes the existential ontology and 4 concepts of death, loneliness, freedom and meaninglessness and awareness of values; The second session includes practicing identified and substituted occupations, discovering satisfying achievements, and exploring creative values; The third session includes analysis and evaluation of recent events, positive people and artistic experiences; The fourth session includes analyzing and evaluating wise quotes, taking a point of view, and doing the practice of "My obituary" in groups; The fifth session includes expanding the hierarchy of values, setting goals, changing the perspective towards goals; the sixth session includes investigating the relevance of goals to values and explaining the necessity to experience all of one's values; Seventh session includes setting new goals for the ignored values; The eighth session includes the plan to achieve short-term and long-term goals; The ninth session includes investigating the strengths and weaknesses for moving towards the goals, changing the status of the strengths and weaknesses; tenth session includes summarizing the content of all of the sessions, group discussion and motivation Then, in order to evaluate the effectiveness of the intervention, a questionnaire was given to both groups again to compare the changes obtained from training in the training group with the control group. It should be noted that no drug treatment was used in this.

Category
Behavior

2

Description
Control group: There was no intervention on the control group and this group completed the study questionnaires in only two stages.

Category
Other

Recruitment centers

1

Recruitment center
Name of recruitment center
Razi subspecialty clinic
Full name of responsible person
Dr.Saeid Doaei
Street address
No. 67, Daadgostar Alley, Darvazeh Lakan Street, Rasht
City

Rasht
Province
Guilan
Postal code
4196614668
Phone
+98 13 3342 4483
Email
Sana.kamboozia@gmail.com

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Islamic Azad University
Full name of responsible person
Dr. Gholamreza Vaghar
Street address
Islamic Azad University, Lahijan
City
Lahijan
Province
Guilan
Postal code
1616
Phone
+98 13 4222 9081
Email
gholamreza.vaghar@yahoo.com
Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
Islamic Azad University
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
Islamic Azad University
Full name of responsible person
Sana Kamboozia
Position
Masters student
Latest degree
Bachelor
Other areas of specialty/work

Psychology

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Email

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Person responsible for scientific inquiries

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Islamic Azad University

Full name of responsible person

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Position

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Sharing plan

Deidentified Individual Participant Data Set (IPD)

Undecided - It is not yet known if there will be a plan to make this available

Study Protocol

Undecided - It is not yet known if there will be a plan to make this available

Statistical Analysis Plan

Undecided - It is not yet known if there will be a plan to make this available

Informed Consent Form

Undecided - It is not yet known if there will be a plan to make this available

Clinical Study Report

Undecided - It is not yet known if there will be a plan to make this available

Analytic Code

Undecided - It is not yet known if there will be a plan to make this available

Data Dictionary

Undecided - It is not yet known if there will be a plan to make this available