

Clinical Trial Protocol

Iranian Registry of Clinical Trials

15 Jul 2026

The effectiveness of happiness group training on social participation and reducing hostility in medical students in Mashhad university of medical science

Protocol summary

Study aim

Investigating the effect of happiness education on improving social participation and reducing hostile attitude in medical students

Design

A concealed, open label randomized controlled clinical trial with a parallel group design of 74 patients, enrolled between May 2021 and Mars 2022, and followed for one month.

Settings and conduct

In this research, interested students of Medical University were invited to participate in the "Happiness Group Training Program." Those who wished to attend this study were interviewed in a telephone conversation. If there was any psychiatric disorder, they were suggested to ask for help from the University Counseling Center. Followingly, individuals with no specific psychiatric disorder were included in the research if they had inclusion criteria and confirmed informed consent. Finally, students were given a happiness questionnaire (OHI). People who scored below 42 participated in the research

Participants/Inclusion and exclusion criteria

Medical student of Mashhad University of Medical Sciences in basic sciences and physiopath courses. Lack of effective physical illness. Lack of experience of severe stressful event in the last six months Having informed consent to participate in research. Not participating in similar training programs in the last six months. Age range 18 to 30 years.

Intervention groups

Seasons: 1.Group rules and goals, Introduction to positive psychology. 2.Positive emotions, recalling 3 blessings. 3.Benefits of appreciation method. 4.Identify and use of strengths and capabilities. 5.Clarity life goals. 6.Optimism. 7.Basic acceptance and negative judgments. 8.Hedonistic adaptation. For control group, 2 sessions as

well as brochure.

Main outcome variables

Measuring happiness, social participation and hostility

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20211217053431N1**

Registration date: **2022-06-06, 1401/03/16**

Registration timing: **retrospective**

Last update: **2022-06-06, 1401/03/16**

Update count: **0**

Registration date

2022-06-06, 1401/03/16

Registrant information

Name

Samira Ghanei rezae moghaddam

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 51 3726 8556

Email address

sgrm13740@yahoo.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2022-01-05, 1400/10/15

Expected recruitment end date

2022-01-20, 1400/10/30

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effectiveness of happiness group training on social participation and reducing hostility in medical students in Mashhad university of medical science

Public title

The effectiveness of happiness group training on social participation and reducing hostility

Purpose

Education/Guidance

Inclusion/Exclusion criteria**Inclusion criteria:**

Medical student of Mashhad University of Medical Sciences in basic sciences and physiopath courses
Having conscious satisfaction from participating in research Age range 18 to 30 years

Exclusion criteria:

Not participating in similar training programs in the last six months
Absence of psychiatric disorder (a short interview was conducted with each person to ensure that there was no psychiatric disorder)
Absence of effective physical illness
Lack of experience of severe stressful event in the last six months

AgeFrom **18 years** old to **30 years** old**Gender**

Both

Phase

N/A

Groups that have been masked*No information***Sample size**Target sample size: **74****Randomization (investigator's opinion)**

Randomized

Randomization description

In this research we use random model for sampling. The control group and the experiment group are divided into two treatment groups based on blocking method. We used the blocking method whenever the size of all blocks are equal. The instrument of our random making method is "Random allocation software".

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**

Minimum ethics of medical sciences in Mashhad

Street address

Daneshgah.Mashhad

City

mashhad

Province

Razavi Khorasan

Postal code

9138813944

Approval date

2021-04-21, 1400/02/01

Ethics committee reference number

IR.MUMS.MEDIAC.REC.1400.060

Health conditions studied**1****Description of health condition studied**

In this study, we do not have patients and we measure the variables of hostility and social participation.

ICD-10 code**ICD-10 code description****Primary outcomes****1****Description**

social participation

Timepoint

Before the intervention. After the intervention. one month later

Method of measurement

By Sadat Ahmadi Bejestani Social Participation Questionnaire

2**Description**

hostility

Timepoint

Before the intervention. After the intervention. one month later

Method of measurement

By questionnaire-Hostility subscale from Bass and Peri Questionnaire

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: For intervention group we held 8 sessions of online group happiness training and in the end of 8th session and after the test we keep the members informed for a month. For control group in the end of sessions and follow up we held 2 sessions of happiness training for them and as a gift we gave them the brochure of the training.

Category

Behavior

2

Description

Control group: For control group in the end of sessions and follow up we held 2 sessions of happiness training for them and as a gift we gave them the brochure of the training.

Category

Behavior

Recruitment centers

1

Recruitment center

Name of recruitment center

Medical university of mashhad

Full name of responsible person

Samira ghanei rezae moghaddam

Street address

East door of the university campus, Azadi Square, mashhad

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9177948564

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+98 51 3800 2000

Email

Mjms@mums.ac.i

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Mashhad University of Medical Sciences

Full name of responsible person

Hamed Ghzavi

Street address

East door of the university campus ,Azadi Square, mashhad

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Email

MDS.Dean@mums.ac.ir

Web page address

<https://medical.mums.ac.ir/>

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Mashhad University of Medical Sciences

Proportion provided by this source

100

Public or private sector

Private

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

Mashhad University of Medical Sciences

Full name of responsible person

Samira Ghanei rezaee moghadam

Position

student

Latest degree

Bachelor

Other areas of specialty/work

Psychology

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No.30, Shamloo vally6., ebadi street36., shohada.mashhad

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Person responsible for scientific inquiries

Contact

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Person responsible for updating data

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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
No - There is not a plan to make this available
Statistical Analysis Plan
No - There is not a plan to make this available
Informed Consent Form
Yes - There is a plan to make this available
Clinical Study Report
No - There is not a plan to make this available
Analytic Code
No - There is not a plan to make this available
Data Dictionary
No - There is not a plan to make this available
Title and more details about the data/document
.
When the data will become available and for how long
.
To whom data/document is available
.
Under which criteria data/document could be used
.
From where data/document is obtainable
.
What processes are involved for a request to access data/document
.
Comments