

Clinical Trial Protocol

Iranian Registry of Clinical Trials

16 Sep 2026

The effectiveness of positive psychotherapy on life expectancy and quality of academic life of slow-moving students

Protocol summary

Study aim

Increasing the life expectancy and academic quality of life of slow-paced students .

Design

Clinical trial with a control group, with parallel groups, unblinded, randomized, phase 2 on 30 patients. The randomization function of Excel software was used for randomization.

Settings and conduct

The current research is semi-experimental with a pre-test-post-test design with a control group. The statistical population of this research consisted of all the slow-paced students of Zahedan city in the academic year of 1400-01 (69 people). The number of sample members in this research consisted of 40 students who were willing to cooperate and met the criteria for entering the research who were randomly selected into two experimental (20) and control (20) groups using available sampling. people) were attributed.

Participants/Inclusion and exclusion criteria

The conditions for entering the research are students who have intellectual disabilities and are studying in Zahedan city in the academic year 1400-1401. The exit condition of students who are receiving medical services and psychological interventions at the same time.

Intervention groups

The experimental group will be trained in 10 sessions based on the positive thinking package of Jafar Tabatabai (2017) and the control group will not receive training.

Main outcome variables

life expectancy; Quality of academic life

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20220124053818N1**

Registration date: **2022-10-08, 1401/07/16**

Registration timing: **retrospective**

Last update: **2022-10-08, 1401/07/16**

Update count: **0**

Registration date

2022-10-08, 1401/07/16

Registrant information

Name

Amin Harati rad

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 54 3328 8615

Email address

aminrad66.ar@gmail.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2022-02-04, 1400/11/15

Expected recruitment end date

2022-04-21, 1401/02/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effectiveness of positive psychotherapy on life expectancy and quality of academic life of slow-moving students

Public title

Investigating the effect of positive psychotherapy on life expectancy and academic quality of life

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria:

All students in Omid exceptional elementary school The condition for entering the research will be the consent of parents and students to participate in the training course.

Exclusion criteria:

Students suffering from psychological problems or concurrently receiving medical services due to mood disorders will not be allowed to enter.

Age

From **6 years** old to **13 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **40**

Randomization (investigator's opinion)

Randomized

Randomization description

How to randomize in a simple and individual way using statistical software

Blinding (investigator's opinion)

Not blinded

Blinding description**Placebo**

Not used

Assignment

Parallel

Other design features

The number of sample members in this research consisted of 40 students who were willing to cooperate and met the criteria for entering the research who were randomly selected into two experimental (20 people) and control (20 people) groups using available sampling were attributed.

Secondary Ids

empty

Ethics committees**1****Ethics committee****Name of ethics committee**

Research Ethics Committees of Birjand University of Medical Sciences

Street address

Ghods Town (West), between South Flamek and Zarafshan, Iran TV Street - Headquarters of the Ministry of Health, Treatment and Medical Education, Block A, 13th floor

City

tehran

Province

South Khorasan

Postal code

1467674475

Approval date

2022-02-28, 1400/12/09

Ethics committee reference number

IR.BUMS.REC.1400.420

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

Life expectancy in slow-paced people

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

Student life expectancy is a slow step

Timepoint

After the pre-test, for the experimental group for 10 sessions or 70 days

Method of measurement

Hope Miller Questionnaire

2**Description**

Quality of life for slow-moving students

Timepoint

After the pre-test, for the experimental group for 10 sessions or 70 days

Method of measurement

Quality of Life Questionnaire at Williams & Button School (1981)

Secondary outcomes**1****Description**

The level of soul and spirit health

Timepoint

At the beginning of the study and after 10 sessions of positive thinking skills training

Method of measurement

Quality of Life Questionnaire at Williams & Button School

Intervention groups**1****Description**

At first, the experimental and control groups were formed and the pre-test was conducted. In the next stage, positive thinking skills training based on the positive thinking skills training package of Jafar Tabatabai (2016) was provided by the researcher for the experimental group during 10 sessions and for two and a half months. Sessions lasted 60 minutes and were held

once a week.
Category
Rehabilitation

2

Description
Control group: The control group does not receive any training.
Category
Rehabilitation

Recruitment centers

1

Recruitment center
Name of recruitment center
Exceptional School of Hope
Full name of responsible person
Ms. Halimeh Khatoon Atash Panjeh
Street address
Jam Jam St. - Jam Jam 48 Omid Exceptional School
City
زاهدان
Province
Sistan-va-Balouchestan
Postal code
9814737941
Phone
+98 54 3331 5947
Email
aminrad66.ar@gmail.com

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Islamic Azad University
Full name of responsible person
Dr. Majid Aliabadi
Street address
The end of Ayatollah Ghaffari Boulevard
City
Bearjand
Province
South Khorasan
Postal code
9717813111
Phone
+98 56 3234 5529
Email
iaubir.ac.ir@gmail.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
Amin Harati rad
Position
Student
Latest degree
Bachelor
Other areas of specialty/work
Psychology
Street address
Alborz _alborz44 _milan 2
City
Zahedan
Province
Sistan-va-Balouchestan
Postal code
9817995445
Phone
+98 54 3328 8615
Fax
Email
aminrad66.ar@gmail.com

Person responsible for scientific inquiries

Contact
Name of organization / entity
Islamic Azad University
Full name of responsible person
Amin Harati rad
Position
Student
Latest degree
Bachelor
Other areas of specialty/work
Psychology
Street address
Alborz _alborz44 _milan 2
City
Zahedan
Province
Sistan-va-Balouchestan
Postal code
9817995445
Phone

+98 54 3328 8615

Fax

Email

aminrad66.ar@gmail.com

Person responsible for updating data

Contact

Name of organization / entity

Islamic Azad University

Full name of responsible person

Amin Harati rad

Position

Student

Latest degree

Bachelor

Other areas of specialty/work

Psychology

Street address

Alborz _alborz44 _milan 2

City

Zahedan

Province

Sistan-va-Balouchestan

Postal code

9817995445

Phone

+98 54 3328 8615

Fax

Email

aminrad66.ar@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

Yes - There is 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

Yes - There is a plan to make this available

Data Dictionary

Yes - There is a plan to make this available

Title and more details about the data/document

Information related to the life expectancy and quality of life questionnaire of the studied people after making them unidentifiable

When the data will become available and for how long

2023

To whom data/document is available

University researchers and students

Under which criteria data/document could be used

For social studies and psychology

From where data/document is obtainable

aminrad66.ar@gmail.com

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

Send the request to the specified e-mail address

Comments