

Clinical Trial Protocol

Iranian Registry of Clinical Trials

04 Aug 2026

Comparison of the Effectiveness of Positive Psychology Online Group Therapy with mindfulness group therapy based on Corona Fear, Corona Anxiety, Spiritual Well-Being, Resilience, Coping, Positive and Negative Emotion, Hope, Self-Compassion during Corona on the staff of University

Protocol summary

Study aim

Comparison of the Effectiveness of Positive Psychology Online Group Therapy with mindfulness group therapy based on Corona Fear, Corona Anxiety, Spiritual Well-Being, Resilience, Coping, Positive and Negative Emotion, Hope, Self-Compassion during Corona on the staff of University

Design

A randomized controlled clinical trial on 78 participants

Settings and conduct

After the proposal is approved by the Vice Chancellor for Research and receiving the code of ethics, a letter will be sent to the Vice Chancellor for Human Resources and the Dean of the Faculty of Medicine by the main executor (Head of Clinical Psychology). After announcing the readiness of the university, communication links (researcher contact number) will be provided to the samples. After announcing the readiness and from the submitted samples, 78 people are selected randomly and randomly in three groups; Two experimental groups and one control group are placed

Participants/Inclusion and exclusion criteria

informed consent for participating, Being an employee of the staff of Shahid Beheshti University of Medical Sciences, do not receive individual or group psychotherapy concurrently, not using psychiatric drugs (:) Incomplete filling out questionnaire.

Intervention groups

Group one receive eight sessions of positive psychology and group two receive mindfulness therapies in six sessions, and finally all the questionnaires are given to the subjects of the three groups (one control group and two experimental group) to get post-test information. At the end of the treatment and research work, the clients of the control group will also receive six sessions of mindfulness treatment

Main outcome variables

Corona Fear, Corona Anxiety, Spiritual Well-Being, Resilience, Coping, Positive and Negative Emotion, Hope, Self-Compassion

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20201009048974N3**

Registration date: **2022-02-02, 1400/11/13**

Registration timing: **retrospective**

Last update: **2022-02-02, 1400/11/13**

Update count: **0**

Registration date

2022-02-02, 1400/11/13

Registrant information

Name

Maryam Bakhtiari

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 21 2303 1548

Email address

maryam_bakhtiyari@sbmu.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2021-07-23, 1400/05/01

Expected recruitment end date

2021-09-22, 1400/06/31

Actual recruitment start date
empty

Actual recruitment end date
empty

Trial completion date
empty

Scientific title
Comparison of the Effectiveness of Positive Psychology Online Group Therapy with mindfulness group therapy based on Corona Fear, Corona Anxiety, Spiritual Well-Being, Resilience, Coping, Positive and Negative Emotion, Hope, Self-Compassion during Corona on the staff of University

Public title
Comparison of the Effectiveness of Positive Psychology Online Group Therapy with mindfulness group therapy based on Corona Fear, Corona Anxiety, Spiritual Well-Being, Resilience, Coping, Positive and Negative Emotion, Hope, Self-Compassion during Corona on the staff of University

Purpose
Treatment

Inclusion/Exclusion criteria
Inclusion criteria:
Conscious satisfaction with conducting research The subject is a staff member of Shahid Beheshti University of Medical Sciences in 2022, Failure to receive individual or group psychotherapy by a psychologist or psychiatrist in the last six months Do not use psychiatric drugs
Exclusion criteria:
Incomplete filling in of the questionnaire

Age
From **22 years** old to **60 years** old

Gender
Both

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **78**

Randomization (investigator's opinion)
Randomized

Randomization description
number Random table. A set of numbers will be collected and the numbers will be used for different groups. The even numbers will be in the first intervention group and the odd numbers will be in the second intervention group and the remaining people will be in the control group.

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

Ethics Committees of Shahid Beheshti University of Medical Sciences

Street address

Floor 13, Block A, Ministry of Health & Medical Education Headquarters, Between Zarafashan & South Falamak, Qods Town, Tehran, Iran.

City

Tehran

Province

Tehran

Postal code

1985717443

Approval date

2021-11-09, 1400/08/18

Ethics committee reference number

IR.SBMU.MSP.REC.1400.567

Health conditions studied

1

Description of health condition studied

Coronavirus

ICD-10 code

B97.2

ICD-10 code description

Coronavirus as the cause of diseases classified elsewhere

Primary outcomes

1

Description

Resilience score in Connor and Davidson questionnaire

Timepoint

At the beginning of the study (before the intervention), after the intervention

Method of measurement

questionnaire of Resilience Connor and Davidson

2

Description

Positive and Negative Emotion Evaluation Score in PANAS Questionnaire

Timepoint

At the beginning of the study (before the intervention), after the intervention

Method of measurement

Positive and Negative Emotion Assessment Scale (PANAS)

3

Description

Hope score in Snyder questionnaire

Timepoint

At the beginning of the study (before the intervention),
after the intervention

Method of measurement

Snyder Hope Questionnaire

4

Description

Self-compassion score on the self-compassion scale

Timepoint

At the beginning of the study (before the intervention),
after the intervention

Method of measurement

self-compassion scale

5

Description

Spiritual health score on the Pultzin and Ellison scale

Timepoint

At the beginning of the study (before the intervention),
after the intervention

Method of measurement

Pultzin and Ellison Spiritual Health Scale

6

Description

Score for coping with stressful situations (CISS SF) in
Andler and Parker questionnaire

Timepoint

At the beginning of the study (before the intervention),
after the intervention

Method of measurement

Short version of Andler and Parker's CISS SF List

7

Description

Coronavirus Anxiety score on the Scale (CAS)

Timepoint

At the beginning of the study (before the intervention),
after the intervention

Method of measurement

Coronavirus Anxiety Scale (CAS)

8

Description

Fear score of Quid 19 on the scale (FCV 19)

Timepoint

At the beginning of the study (before the intervention),
after the intervention

Method of measurement

scale of Fear of Quid 19 (FCV 19)

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group 1: The treatment package that the positive group therapy group receives was based on the principles, foundations and therapeutic techniques of positive psychology in 6 one-hour sessions based on the book of positive psychology techniques written by Ginaal Magyarmoye.

Category

Treatment - Other

2

Description

Intervention group 2: The therapy package received by the mindfulness group therapy group based on the principles, foundations and techniques of mindfulness therapy in 8 one-hour sessions based on an integrated protocol based on the two main streams of mindfulness, ie reduction of stress based on mindfulness and cognitive therapy. Mindfulness is used. This protocol has been used and validated in a study by Wen Sun et al. And Ghasemi Junbeh, Nazari and Sanaei Zakir.

Category

Treatment - Other

3

Description

Control group: After the treatment is completed and the research work is completed, the clients of the control group will also receive six sessions of mindfulness treatment.

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center

Shahid Beheshti University of Medical Sciences

Full name of responsible person

Shahid Beheshti University of Medical Sciences

Street address

Psychology Group, Floor4, Taleghani hospital, Erabi Ave., Yaman Ave., Chamran highway

City

Tehran

Province

Tehran

Postal code

1985711151

Phone

+98 21 2303 1548

Email

Info@sbmu.ac.ir

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Shahid Beheshti University of Medical Sciences

Full name of responsible person

Afsin Zarghi

Street address

Vice-Chancellor of Research Affairs, Shahid Beheshti University of Medical Sciences, Next to Taleghani hospital, Erabi Ave., Chamran highway

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19839-63113

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Grant name**Grant code / Reference number****Is the source of funding the same sponsor organization/entity?**

Yes

Title of funding source

Shahid Beheshti 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**

Shahid Beheshti University of Medical Sciences

Full name of responsible person

Maryam Bakhtiari

Position

professor

Latest degree

Ph.D.

Other areas of specialty/work

Psychology

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Province

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Postal code

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Phone

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Email

dr.m.bakhtiari@gmail.com

Person responsible for scientific inquiries

Contact**Name of organization / entity**

Shahid Beheshti University of Medical Sciences

Full name of responsible person

Maryam Bakhtiari

Position

Professor

Latest degree

Ph.D.

Other areas of specialty/work

Psychology

Street address

Psychology Group, Floor4, Taleghani hospital, Erabi Ave., Yaman Ave., Chamran highway

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Person responsible for updating data

Contact**Name of organization / entity**

Shahid Beheshti University of Medical Sciences

Full name of responsible person

Jafar Sarani Yaztappeh

Position

Ph.D Student

Latest degree

Master

Other areas of specialty/work

Psychology

Street address

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sarani.jafar@yahoo.com

Sharing plan

Deidentified Individual Participant Data Set (IPD)

No - There is not a plan to make this available

Justification/reason for indecision/not sharing IPD

There is no more information.

Study Protocol

Yes - There is 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

Yes - There is a plan to make this available

Clinical Study Report

Yes - There is 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

No - There is not a plan to make this available

Title and more details about the data/document

The main report will publish in appropriate articles

When the data will become available and for how long

6 Months after Article Publication

To whom data/document is available

Only for Scientific and Academic Researchers

Under which criteria data/document could be used

Only for Analysis and Researches around the main topic of this study

From where data/document is obtainable

Contact with Mr. Jafar Sarani Yaztappeh by this email address: sarani.jafar@yahoo.com

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

Documents will send to his email address, approximately 2 month after request

Comments