Clinical Trial Protocol
Iranian Registry of Clinical Trials

09 Nov 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 Polutzin and Ellison scale
Timepoint
At the beginning of the study (before the intervention), after the intervention
Method of measurement
Pulotzin 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
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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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Info@sbmu.ac.ir
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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Person responsible for updating data

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Full name of responsible person
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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