

Clinical Trial Protocol

Iranian Registry of Clinical Trials

16 Sep 2026

Investigating the effect of a positive psychotherapy-based program on perceived social support and social adjustment in patients with depression

Protocol summary

Study aim

Determining the effect of a positive psychotherapy-based program on perceived social support and social adjustment of patients

Design

Clinical trial with control group, one-way blind, randomized, has done on 66 patients with use of Random number table

Settings and conduct

The research environment in the present study is Farabi and Khorshid hospitals in Isfahan. by referring to psychiatric wards at certain hours of the day and attending among patients admitted to the ward. select the samples in an easy way and while explaining the research method and the desired goals, the samples are invited to participate in the study. in addition to obtaining written consent from the family for their patient to participate in the study, the patients themselves are also satisfied. Participants will complete the questionnaires in three stages.

Participants/Inclusion and exclusion criteria

Inclusion criteria: 1-The patient is interested in participating in the study and is satisfied 2- depressed diagnosis 3-The patient must be at least 18 years old 4- Be able to read, write and speak Persian 5- Do not have a patient with a mental disability 6-The patient has not participated in similar training programs 7-The patient has not experienced severe stress during the last six months Exclusion criteria: 1- The patient is reluctant to continue collaborating in the study 2-Development of any physical or mental problems or the occurrence of severe stressful events for the patient during the study 3-The patient is absent for more than two sessions in the training sessions

Intervention groups

Positive psychotherapy program will be performed in groups of eight to ten patients for the intervention group.

Main outcome variables

Independent variable :Positive Psychology Program The dependent variable: Perceived social support and social adjustment

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20220409054461N1**

Registration date: **2022-04-20, 1401/01/31**

Registration timing: **prospective**

Last update: **2022-04-20, 1401/01/31**

Update count: **0**

Registration date

2022-04-20, 1401/01/31

Registrant information

Name

Seyed Reza Mousavi

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 66 3320 0894

Email address

rmousavi3174@gmail.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2022-04-21, 1401/02/01

Expected recruitment end date

2022-06-22, 1401/04/01

Actual recruitment start date

empty

Actual recruitment end date
empty

Trial completion date
empty

Scientific title
Investigating the effect of a positive psychotherapy-based program on perceived social support and social adjustment in patients with depression

Public title
The effect of a positive psychotherapy-based program on perceived social support and social adjustment of patients with depression

Purpose
Supportive

Inclusion/Exclusion criteria
Inclusion criteria:
 The patient is interested in participating in the study and is satisfied According to the psychiatrist, the patient is diagnosed as depressed so that he is not in the acute stage of the disease and is hospitalized in one of the wards of Khorshid or Farabi hospitals The patient must be at least 18 years old Be able to read, write and speak Persian Do not have a patient with a mental disability or diagnosed cognitive problems such as dementia according to patient records that impair the patient's learning The patient has not participated in similar training programs at the same time or before The patient has not experienced severe stress such as divorce, etc. during the last six months
Exclusion criteria:
 The patient is reluctant to continue collaborating in the study Development of any physical or mental problems or the occurrence of severe stressful events for the patient during the study who are no longer able to continue to cooperate in the study The patient is absent for more than two sessions in the training sessions

Age
From **18 years** old

Gender
Both

Phase
N/A

Groups that have been masked

- Participant

Sample size
Target sample size: **66**

Randomization (investigator's opinion)
Randomized

Randomization description
This study will be performed experimentally and randomly in two groups of test and control. For this purpose, a table of random numbers is used. In this way, the researcher will first determine that all the people to whom the odd number is assigned to be in the control group and those to whom the even number is assigned to be in the test group. He will then close his eyes and place his finger on one of the digits in the random number table. The researcher will select the required

number of even and odd numbers by moving in the table of random numbers. All numbers will be placed in separate envelopes and all will be placed in a box. When the sample enters the study easily with the entry conditions, then the number one card will be returned to him and depending on whether this card has an even or odd number will be in one of two test or control groups.

Blinding (investigator's opinion)

Single blinded

Blinding description

In this study, there will be two groups, including intervention and control groups, which will be performed among people with depressive disorder. The selection of individuals for inclusion in the study will be based on the inclusion criteria and with the written consent. The subjects will be randomly divided into two groups with equal numbers so that the participants themselves and other clinicians will not be informed of this division. It will also be explained to all participants in the study that by the end of the study, they will not have any exchange of data and data with each other or with other people. It is necessary to explain that the intervention, data collection and data entry will be done by the researcher himself.

Placebo

Not used

Assignment

Other

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethics Committee of Isfahan University of Medical Sciences

Street address

Isfahan University of Medical Sciences, Isfahan, Iran

City

isfahan

Province

Isfahan

Postal code

8174673461

Approval date

2022-04-03, 1401/01/14

Ethics committee reference number

IR.MUI.NUREMA.REC.1401.001

Health conditions studied

1

Description of health condition studied

perceived social support

ICD-10 code

ICD-10 code description

2

Description of health condition studied

social adjustment

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description

Perceived social support score on a multidimensional scale Perceived social support Zimet et al and Social adjustment score in Bell Social Adjustment Questionnaire

Timepoint

The beginning of the study (before the intervention), immediately after and one month after the educational program

Method of measurement

Multidimensional Scale of Perceived Social Support Zimet et al And Bell Social Adjustment Questionnaire

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: Positive psychotherapy program will be performed in 6 sessions of one and a half hours in the form of groups of eight to ten patients for the intervention group and twice a week by the student and under the supervision of his supervisor in the classroom of Farabi Hospital in Isfahan. The educational content of the sessions will be based on the existing texts and the educational package of positive thinking and practical positivity of Susan Quilliam, which will be approved by 5 faculty members of the Psychiatric Nursing Department of Isfahan School of Nursing and Midwifery. Speeches, questions and answers ... will be transmitted.

Category

Treatment - Other

2

Description

Control group: In this study, a group discussion session will be held for the participants of the control group. During which they will discuss and exchange views on general topics such as mental illness and their problems

Category

Treatment - Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Farabi Hospital and Khorshid Hospital

Full name of responsible person

Seyed Reza Mousavi

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No. 38, 8th St, Ghazi Abad, Khorramabad, Lorestan Province

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Esfahan University of Medical Sciences

Full name of responsible person

Vice Chancellor for Research and Technology, Isfahan University of Medical Sciences

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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

Esfahan 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

Esfahan University of Medical Sciences

Full name of responsible person

Seyed Reza Mousavi

Position

Master student of psychiatric nursing

Latest degree

Bachelor

Other areas of specialty/work

psychiatric nursing

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Master

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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

Not applicable

Data Dictionary

Not applicable