

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

11 Jul 2026

### Study survey of The effect on positive psychology intervention on health-promoting lifestyle in postmenopausal women

#### Protocol summary

##### Study aim

Determining the effectiveness of positive psychology intervention on health-promoting lifestyle in postmenopausal women

##### Design

Clinical trial, randomized, randomization by sealed envelope on 70 participants.

##### Settings and conduct

After obtaining the necessary permits to determine the health centers, the researcher referred to the Urmia city health center. From each center, unequal volumes will be selected according to the menopausal women covered by that center. 35 members of the intervention group will be assigned to five groups of seven people and will have six sessions, each session lasting ninety minutes, and one session per week for a total of six weeks in health centers selected by the researcher as a group under positive psychotherapy. will be placed, while no intervention will be done for the control group. نماد «مورد تأیید انجمن»

##### Participants/Inclusion and exclusion criteria

45-60 years old, no use of sleeping pills and antidepressants, tobacco and alcohol Willingness to participate in the study, Not suffering from mental illnesses that require hospitalization (such as psychosis), Not receiving medication or any treatment for menopause symptoms

##### Intervention groups

35 members of the intervention group will be assigned in five groups of seven people and will undergo positive psychotherapy in six sessions at health centers selected by the researcher, while no intervention will be done for the control group.

##### Main outcome variables

Health-promoting lifestyle in postmenopausal women نماد «مورد تأیید انجمن»

#### General information

##### Reason for update

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT20220710055428N1**

Registration date: **2022-08-04, 1401/05/13**

Registration timing: **prospective**

Last update: **2022-08-04, 1401/05/13**

Update count: **0**

##### Registration date

2022-08-04, 1401/05/13

##### Registrant information

##### Name

Sara Mehrpooya

##### Name of organization / entity

##### Country

Iran (Islamic Republic of)

##### Phone

+98 44 3343 9876

##### Email address

saramehrpooya1359@gmail.com

##### Recruitment status

**Recruitment complete**

##### Funding source

##### Expected recruitment start date

2022-08-11, 1401/05/20

##### Expected recruitment end date

2022-12-11, 1401/09/20

##### Actual recruitment start date

empty

##### Actual recruitment end date

empty

##### Trial completion date

empty

##### Scientific title

Study survey of The effect on positive psychology intervention on health-promoting lifestyle in postmenopausal women

#### Public title

Study survey of The effect on positive psychology intervention on health-promoting lifestyle

#### Purpose

Education/Guidance

#### Inclusion/Exclusion criteria

##### Inclusion criteria:

Age 45-60 years (at least 12 full months have passed since their last period) Not using sleeping pills and antidepressants, tobacco and alcohol Willingness to participate in the study Being literate in reading and writing Not suffering from mental illnesses that require hospitalization (such as psychosis) Not receiving medication or any treatment for menopause symptoms

##### Exclusion criteria:

Traveling or changing the place of residence during the intervention Having more than two absences in meetings Participation in other psychological treatments at the same time.

#### Age

From **45 years** old to **60 years** old

#### Gender

Female

#### Phase

N/A

#### Groups that have been masked

*No information*

#### Sample size

Target sample size: **70**

#### Randomization (investigator's opinion)

Randomized

#### Randomization description

In this experimental study, the research population includes 70 postmenopausal women who refer to the comprehensive health centers of Urmia city, who have health records registered in the Sib system, and they were contacted using the telephone numbers of the selected people and given explanations of The reasons and methods of conducting the research are given to them and they are invited to participate in the research. 70 menopausal women willing to participate in the research will be selected as the research sample in a targeted manner and will be randomly assigned (The choice is such that we will have 70 sealed envelopes, 35 envelopes will contain A and 35 envelopes will contain B). The envelopes will be shuffled and will not be in any particular order. When the reference is contacted and after checking the criteria for entering the study and obtaining the consent form to conduct the study, a staff member at the comprehensive health centers is asked to choose an envelope from among 70 envelopes, and in this way it is determined in which group this person will be placed. If a sample did not meet the inclusion criteria, or was unwilling to participate in the study or unavailable, the next person would be randomly replaced. «نماد «مورد تأیید انجمن» نماد «مورد تأیید انجمن»

#### Blinding (investigator's opinion)

Not blinded

#### Blinding description

##### Placebo

Not used

##### Assignment

Parallel

#### Other design features

The first group is the intervention group, which will be subjected to positive psychology intervention for six weeks and one ninety-minute session per week. The second group is the control group and no special intervention is done on them and they receive routine care from the Comprehensive Health Center and at the end of the study an educational text will be prepared and will be available to them.

#### Secondary Ids

empty

#### Ethics committees

##### 1

##### Ethics committee

###### Name of ethics committee

Ethics Committee of Urmia University of Medical Sciences

###### Street address

Emergency room, Resalat Blvd

###### City

Urmia

###### Province

West Azarbaijan

###### Postal code

5714783734

##### Approval date

2022-06-29, 1401/04/08

##### Ethics committee reference number

IR.UMSU.REC.1401.135

#### Health conditions studied

##### 1

##### Description of health condition studied

Health-promoting lifestyle in postmenopausal women

##### ICD-10 code

##### ICD-10 code description

#### Primary outcomes

##### 1

##### Description

Health promoting lifestyle

##### Timepoint

Before and after the six-week intervention

##### Method of measurement

Walker's standard health promoting lifestyle questionnaire

## Secondary outcomes

empty

## Intervention groups

### 1

#### Description

Intervention group: 35 menopausal women who have passed 12 months since their last menstrual period will be subjected to positive psychotherapy protocol (Parks-Shiner, 2009) which includes 6 sessions of 90 minutes, one session per week for 6 weeks. 35 people in the intervention group will be divided into five groups of 7 people. If the restrictions related to the covid disease continue, psychotherapy protocol sessions will be held virtually (by forming groups of five people in the Whats App application and providing training in the form of video calls, sending short animation videos, uploading brochures and homework forms in the application Whats App and getting feedback from subjects) will be provided. The content of this program is as follows: The first session: Getting to know and using the abilities: knowing the top 5 abilities and using them in daily life. Getting to know the training course, enjoyment of life, happiness and cheerfulness and its role in a good life and ways to achieve a satisfying life, measuring the level of cheerfulness, depression and enjoyment of the participants' life. Personal capabilities, getting to know the classification of capabilities and moral virtues, using personal capabilities in a new way. Second session: Appreciation meeting: Appreciation of people who have done important work for you. Emphasis on good memories, moving towards creating appropriate interpersonal communication, training in the technique of appreciation and gratitude (thankful letter and meeting). The third session: Active/constructive response: Active and constructive response to the good news of others. Familiarity with positive social relationships, the role of positive relationships in a happy life, training and application of the technique of constructive and active response. Fourth session: Counting the blessings: paying attention to the small blessings of life and remembering three of them every day. Examining the effects of writing three blessings or good things in life, intention and meaning in life. The fifth session: sense of taste: enjoying the small pleasures of life, such as drinking a cup of tea, getting to know positive emotions, the role of positive emotions in happiness and joy, using the mention of blessings and good things in life as positive things. The sixth session: maintaining the therapeutic effects: receiving feedback from the subjects and providing exercises for use in the future. Feedback from the training course, holding a celebration, coordinating the way to follow up. Tools: use of PowerPoint, animation, short film and brochure. نماد «مورد تأیید انجمن» نماد «انجمن»

#### Category

Lifestyle

### 2

#### Description

Control group: 35 menopausal women who have passed 12 months since their last menstrual period and meet the conditions to enter the study. No special intervention is done on them and they receive routine care from the Comprehensive Health Center and an educational text will be prepared and provided to them at the end of the study. نماد «مورد تأیید انجمن»

#### Category

N/A

## Recruitment centers

### 1

#### Recruitment center

##### Name of recruitment center

Selected comprehensive health centers of Urmia

##### Full name of responsible person

Sara Mehrpooya

##### Street address

Delgosha Quay, Atai Blvd

##### City

Urmia

##### Province

West Azarbaijan

##### Postal code

5714783734

##### Phone

+98 44 3223 6060

##### Email

saramehrpooya1359@gmail.com

##### Web page address

## Sponsors / Funding sources

### 1

#### Sponsor

##### Name of organization / entity

Oroumia University of Medical Sciences

##### Full name of responsible person

Saber Gholizadeh

##### Street address

the headquarters of the University of Buildings, Resalat Blvd Vice President of Research and Technology, the end of the emergency room,

##### City

Urmia

##### Province

West Azarbaijan

##### Postal code

5714783734

##### Phone

+98 44 3193 7224

##### Email

research@umsu.ac.ir

##### Web page address

https://research.umsu.ac.ir

##### Grant name

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

Yes

**Title of funding source**

Oroumia 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**

Oroumia University of Medical Sciences

**Full name of responsible person**

Sara Mehrpooya

**Position**

Senior student of midwifery counseling

**Latest degree**

Bachelor

**Other areas of specialty/work**

Midwifery

**Street address**

Emergency room, Resalat Blvd

**City**

Urmia

**Province**

West Azarbaijan

**Postal code**

5714783734

**Phone**

+98 44 3223 4897

**Email**

saramehrpooya1359@gmail.com

## Person responsible for scientific inquiries

**Contact**

**Name of organization / entity**

Oroumia University of Medical Sciences

**Full name of responsible person**

Soheila Rabiepoor

**Position**

Professor

**Latest degree**

Ph.D.

**Other areas of specialty/work**

Midwifery

**Street address**

Emergency room, Resalat Blvd

**City**

Urmia

**Province**

West Azarbaijan

**Postal code**

5714783734

**Phone**

+98 44 3223 4897

**Email**

soheila80@yahoo.com

**Web page address**

https://umsu.ac.ir

## Person responsible for updating data

**Contact**

**Name of organization / entity**

Oroumia University of Medical Sciences

**Full name of responsible person**

Sara Mehrpooya

**Position**

Senior student of midwifery counseling

**Latest degree**

Bachelor

**Other areas of specialty/work**

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**Web page address**

https://umsu.ac.ir

## 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**

Yes - There is a plan to make this available

**Analytic Code**

Not applicable

**Data Dictionary**

Not applicable

**Title and more details about the data/document**

in the form of an article

**When the data will become available and for how long**

6 months after the publication of the article

**To whom data/document is available**

Researchers working in academic and scientific

institutions and research students in this field

**Under which criteria data/document could be used**

Using the results in articles and comparing them in new works is not prohibited

**From where data/document is obtainable**

saramehrpooya1359@gmail.com

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

After the applicant's request via email, the necessary checks will be done and the information will be available shortly after the confirmation.

**Comments**