

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

10 Jul 2026

### Investigating the effect of positive thinking educational intervention based on the theory of planned behavior on the self-esteem and happiness of adolescent girls without effective supervisor

#### Protocol summary

##### Study aim

Determining the effect of positive thinking educational intervention based on the theory of planned behavior on the self-esteem and happiness of teenage girls without an effective guardian in Shiraz

##### Design

The clinical trial will have a control group, which will be selected by the census method of 52 people, and random allocation will be done using a simple random method using a table of random numbers.

##### Settings and conduct

The location of the study will be the Darolekram Charity Center in Shiraz and the study population will be 52 teenager girls. Blinding has not been done in this study.

##### Participants/Inclusion and exclusion criteria

Inclusion criteria: willingness and informed consent to participate in the study; Adolescent being unsupervised or poorly supervised; History of membership in the center for at least 6 months. Non-inclusion criteria: Receiving any treatment, psychological or medicinal (at least 6 months ago); having a history of training about positive thinking skills, self-esteem and happiness.

##### Intervention groups

Intervention group: The training will be face-to-face (lecture, group discussion, question and answer). Control group: no intervention. In order to comply with ethical considerations, training will be given to the control group after completing the research process.

##### Main outcome variables

Self-esteem, happiness

#### General information

##### Reason for update

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT20131014015015N22**

Registration date: **2023-06-25, 1402/04/04**

Registration timing: **retrospective**

Last update: **2023-06-25, 1402/04/04**

Update count: **0**

##### Registration date

2023-06-25, 1402/04/04

##### Registrant information

###### Name

Leila Ghahremani

###### Name of organization / entity

Shiraz University of Medical Sciences

###### Country

Iran (Islamic Republic of)

###### Phone

+98 71 1725 1001

###### Email address

ghahramanl@sums.ac.ir

##### Recruitment status

**Recruitment complete**

##### Funding source

##### Expected recruitment start date

2023-05-13, 1402/02/23

##### Expected recruitment end date

2023-06-13, 1402/03/23

##### Actual recruitment start date

empty

##### Actual recruitment end date

empty

##### Trial completion date

empty

##### Scientific title

Investigating the effect of positive thinking educational intervention based on the theory of planned behavior on the self-esteem and happiness of adolescent girls

without effective supervisor

## Public title

The effect of teaching positive thinking on self-esteem and happiness of adolescents girl without effective supervisor

## Purpose

Education/Guidance

## Inclusion/Exclusion criteria

### Inclusion criteria:

Willingness and informed consent to participate in the study Adolescent being unsupervised or poorly supervised History of membership in the center for at least 6 months

### Exclusion criteria:

Receiving any treatment, psychological or medicinal (at least 6 months ago) Having a history of training about positive thinking skills, self-esteem and happiness

## Age

From **13 years** old to **15 years** old

## Gender

Female

## Phase

N/A

## Groups that have been masked

*No information*

## Sample size

Target sample size: **52**

## Randomization (investigator's opinion)

Randomized

## Randomization description

Random allocation will be done by a simple random method using a table of random numbers. The unit of randomization will be people. The researcher will give codes to people in order and will also randomly start from a point in the table in the direction of row or column. The choice of the point can be done by closing the eyes and placing a finger or the tip of the pen on the table. Finally, 26 people will be divided into the intervention group and 26 people into 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 committee of Shiraz University of Medical Sciences

##### Street address

Central building of Shiraz University of Medical Sciences, Zand St. Shiraz

## City

Shiraz

## Province

Fars

## Postal code

71345-1978

## Approval date

2023-05-02, 1402/02/12

## Ethics committee reference number

IR.SUMS.SCHEANUT.REC.1402.016

## Health conditions studied

### 1

#### Description of health condition studied

-

#### ICD-10 code

-

#### ICD-10 code description

-

## Primary outcomes

### 1

#### Description

Self-esteem

#### Timepoint

Before the intervention, one month after the intervention

#### Method of measurement

Rosenberg self-esteem questionnaire

### 2

#### Description

Happiness

#### Timepoint

Before the intervention, one month after the intervention

#### Method of measurement

Oxford Happiness Questionnaire

## Secondary outcomes

empty

## Intervention groups

### 1

#### Description

Intervention group: They will be invited to participate in the study and the objectives of the study will be explained to them, after assuring them of the confidentiality of the information, their informed consent will be obtained. In the next step, the information related to the positive thinking questionnaires, self-esteem and happiness will be collected. In this study, for the purpose of educational intervention, in the intervention group, the educational program will be implemented face-to-

face and by the method of short lectures, group discussions, questions and answers according to the structures of behavioral theory, and will be held using educational aids such as (pamphlets, showing educational clips). Adolescents will be divided into small groups of 5-6 people and will receive 7 training sessions of 60 minutes. They will be given the questionnaires again one month later.

**Category**

Behavior

**2****Description**

Control group: They will not receive training during this period. Although, in order to comply with ethical considerations, the control group will be assured that after the completion of the research process, they will also receive this educational intervention. A month later, the questionnaires will be provided to them again.

**Category**

Behavior

**Recruitment centers****1****Recruitment center****Name of recruitment center**

Darolekram Charity Center

**Full name of responsible person**

Sara Eskandari

**Street address**

Delavaran Basij Boulevard, 1 Sahab Alley, No. 63

**City**

Shiraz

**Province**

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**Postal code**

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**Phone**

+98 71 3725 1001

**Email**

sara.eskandarii1994@gmail.com

**Sponsors / Funding sources****1****Sponsor****Name of organization / entity**

Shiraz University of Medical Sciences

**Full name of responsible person**

Mohammad Hashem Hashempour

**Street address**

Research and Technology Deputy; 7th Floor; Central Building of Shiraz University of Medical Sciences; Zand Street

**City**

Shiraz

**Province**

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**Postal code**

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+98 71 3234 7966

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hashempurm@sums.ac.ir

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

Yes

**Title of funding source**

Shiraz 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**

Shiraz University of Medical Sciences

**Full name of responsible person**

Sara Eskandari

**Position**

Master's student in health education and health promotion

**Latest degree**

Bachelor

**Other areas of specialty/work**

Health Promotion

**Street address**

First floor; building number one; School of Public Health; in front of Electricity Club; Razi Blvd.

**City**

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**Province**

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**Person responsible for scientific inquiries****Contact****Name of organization / entity**

Shiraz University of Medical Sciences

**Full name of responsible person**

Leila Ghahremani

**Position**

Associate professor

**Latest degree**

Ph.D.

**Other areas of specialty/work**

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**Person responsible for updating data**

**Contact**

**Name of organization / entity**

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**Full name of responsible person**

Sara eskandari

**Position**

Master's student in health education and health promotion

**Latest degree**

Bachelor

**Other areas of specialty/work**

Health Promotion

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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**

Undecided - It is not yet known if there will be a plan to make this available

**Data Dictionary**

Undecided - It is not yet known if there will be a plan to make this available