

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

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

Shiraz University of Medical Sciences

Full name of responsible person

Mohammad Hashem Hashempour

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

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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

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.

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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

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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