

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

25 Jul 2026

### The effect of group hope therapy on the desire to have children in women of reproductive age .

#### Protocol summary

##### Study aim

Determining the effect of group hope therapy on the desire to have children in women of reproductive age living in Gonabad city in 2023:

##### Design

A randomized, controlled, clinical trial with parallel groups. randomization will be based on the random permutation block method with sizes of 2 and 4.

##### Settings and conduct

Refer to community health centers in Gonabad city, select samples. Completing the demographic questionnaire, women's propensity to have children, and randomly assigning them to two groups, the intervention group under group hope therapy and the control group, no intervention, and again completing the questionnaires and analyzing the data.

##### Participants/Inclusion and exclusion criteria

Having a wife alive and without fertility problems Age 18-50 years Obtaining a medium to low level of hope from Schneider's Hope Questionnaire Expression of desire to participate in this intervention Being of Iranian origin Living in Gonabad Being literate in reading and writing Having one to three children who are at least 1 year older than the last child. Not wanting to have children at the beginning of the study Not being menopause Not suffering from known or self-reported mental illnesses Not having any medical contraindications for pregnancy and childbearing Not having children with mental and physical disabilities No facing an unfortunate event recently Not having visual or auditory speech defects Not suffering from infertility or frequent miscarriage

##### Intervention groups

The intervention group will participate in group hope therapy sessions in 8 sessions of 90 minutes. The control group will be without any intervention.

##### Main outcome variables

Desire to have children

#### General information

##### Reason for update

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT20230524058284N1**

Registration date: **2023-07-08, 1402/04/17**

Registration timing: **registered\_while\_recruiting**

Last update: **2023-07-08, 1402/04/17**

Update count: **0**

##### Registration date

2023-07-08, 1402/04/17

##### Registrant information

##### Name

Maryam Maleki mogadam

##### Name of organization / entity

##### Country

Iran (Islamic Republic of)

##### Phone

+98 56 3222 2192

##### Email address

m.maleky947@gmail.com

##### Recruitment status

**Recruitment complete**

##### Funding source

##### Expected recruitment start date

2023-07-02, 1402/04/11

##### Expected recruitment end date

2023-08-02, 1402/05/11

##### Actual recruitment start date

empty

##### Actual recruitment end date

empty

##### Trial completion date

empty

##### Scientific title

The effect of group hope therapy on the desire to have children in women of reproductive age .

**Public title**  
The effect of group hope therapy on the desire to have children in women of reproductive age .

**Purpose**  
Education/Guidance

**Inclusion/Exclusion criteria**  
**Inclusion criteria:**  
 Having a wife alive and without fertility problems Age 18-50 years Obtaining a medium to low level of hope from Schneider's Hope Questionnaire Expressing the desire to participate in this intervention Being of Iranian origin Living in Gonabad city Being literate in reading and writing Having one to three children who are at least 1 year older than the last child  
**Exclusion criteria:**  
 Wanting to have children now (before the study) Being menopause Suffering from known or self-reported mental illnesses Having any medical contraindications for pregnancy and child bearing Having children with mental and physical disabilities Has not recently (the last three months) faced an unfortunate events Having visual or auditory speech defects Suffering from infertility or frequent miscarriage

**Age**  
From **18 years** old to **50 years** old

**Gender**  
Female

**Phase**  
3

**Groups that have been masked**  
*No information*

**Sample size**  
Target sample size: **98**

**Randomization (investigator's opinion)**  
Randomized

**Randomization description**  
Randomization is done by random permutation blocks with size 2 and 4. The randomization list will be determined on the web through the site (<https://www.sealedenvelope.com>) and by the analyst. In order to hide the allocation, opaque sealed envelopes with random sequence will be used.

**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 Gonabad University of Medical Sciences

#### Street address

Gonabad\_side of Asian road\_Gonabad University of Medical Sciences\_Nursing School\_Elham Saberi

#### City

Gonabad

#### Province

Razavi Khorasan

#### Postal code

9691793718

#### Approval date

2023-06-23, 1402/04/02

#### Ethics committee reference number

IR.GMU.REC.1402.057

## Health conditions studied

1

### Description of health condition studied

Desire to have children

#### ICD-10 code

#### ICD-10 code description

## Primary outcomes

1

### Description

The score of desire to have children in the fertility desire scale (FDS) developed by Nagibi et al.

### Timepoint

Before intervention, immediately after intervention and three months after intervention

### Method of measurement

The fertility desire scale (FDS) developed by Nagibi et al.

## Secondary outcomes

empty

## Intervention groups

1

### Description

Intervention group: who will participate in group hope therapy sessions based on the Schneider protocol, which includes 8 90-minute sessions, and the management and leadership of the group is by a nurse with a master's degree in community health, and content training and group discussions of the participants in the meeting are under the responsibility of a senior psychology expert. It is clinical. The main content of each session is as follows. The first session is mutual familiarization of the members with the instructor and the statement of goals and educational program based on Schneider's theory; the

second session is an explanation of how to develop hope and the necessity of its existence and its effect on well-being, while establishing a therapeutic relationship. With each of the clients and paying attention to the dynamic process of the group, the third session asks the clients to describe their life stories, the fourth session, the stories are explained based on Snyder's three main components and will be re-formatted. At the same time, there are cases of hope in the life of each member. identified and past successes are taken into account in order to identify factors and passages; in the fifth session, members will be asked to provide a list of current events and important aspects of their lives and determine the importance of each of them; In the sixth session, the characteristics of suitable goals will be presented based on Snyder's theory, and then people will be encouraged to set goals in each of the areas of life. In the seventh session, the characteristics of suitable passages will be presented and they will be asked to reach come up with suitable solutions to the set goals, then we will train them to break the crossings into a series of small steps and determine the replacement crossings; in the eighth session, strategies to create and maintain the agent will be proposed, including asking people to practice mentally what needs to be done to achieve the goals. And finally, they are taught to be a hope healer themselves and use hopeful thinking on a daily basis so that they can determine their own goals and obstacles, create and maintain the necessary factors to achieve them. and recognize the necessary crossings.

#### Category

Behavior

## 2

#### Description

Control group: This group is not subjected to any special intervention.

#### Category

Behavior

## Recruitment centers

## 1

#### Recruitment center

##### Name of recruitment center

Health Department of Gonabad medical univercity

##### Full name of responsible person

Elham Saberi

##### Street address

Naserkhosroo Ave, Health Department of Gonabad medical univercity

##### City

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##### Province

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##### Postal code

9691793718

##### Phone

+98 51 5722 3028

##### Fax

+98 51 5722 0193

##### Email

saberi.e@gmu.ac.ir

## Sponsors / Funding sources

## 1

#### Sponsor

##### Name of organization / entity

Gonabad University of Medical Sciences

##### Full name of responsible person

Dr. Lily Sadegh Moghadam

##### Street address

Dr. Lily Sadegh Moghadam, Nursing Faculty, Gonabad side of Asian road, University of Medical Sciences

##### City

Gonabad

##### Province

Razavi Khorasan

##### Postal code

9691793718

##### Phone

+98 51 5722 3401

##### Email

LS.MOGHADAM@GMU.AC.IR

##### Grant name

##### Grant code / Reference number

##### Is the source of funding the same sponsor organization/entity?

Yes

##### Title of funding source

Gonabad 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

Gonabad University of Medical Sciences

##### Full name of responsible person

Elham Saberi

##### Position

Faculty of Nursing

##### Latest degree

Master

##### Other areas of specialty/work

Nursery

##### Street address

Gonabad\_side of Asian road\_Gonabad University of Medical Sciences\_Nursing School\_Elham Saberi

##### City

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## Person responsible for scientific inquiries

### Contact

**Name of organization / entity**  
Gonabad University of Medical Sciences  
**Full name of responsible person**  
Elham Saberi  
**Position**  
Faculty of Nursing  
**Latest degree**  
Master  
**Other areas of specialty/work**  
Nursery  
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## Person responsible for updating data

### Contact

**Name of organization / entity**  
Gonabad University of Medical Sciences  
**Full name of responsible person**  
Elham Saberi  
**Position**  
Master's degree in Community Health Nursing,  
Faculty of Gonabad University of Medical Sciences  
**Latest degree**  
Master

### Other areas of specialty/work

Nursery  
**Street address**  
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**City**  
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Razavi Khorasan  
**Postal code**  
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**Email**  
saberi.e@gmu.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

Undecided - It is not yet known if there will be 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

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

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

The project results will be published as a research paper

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

Since the publication of the article in a reputable journal

### To whom data/document is available

All researchers

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

To conduct similar and applied research

### From where data/document is obtainable

Elham Sabri, member of the faculty of Gonabad  
University of Medical Sciences

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

Phone call, visit in person and email and submit a written request

### Comments