

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

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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

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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

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

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Person responsible for scientific inquiries

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Person responsible for updating data

Contact

Name of organization / entity
Gonabad University of Medical Sciences
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Elham Saberi
Position
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Other areas of specialty/work

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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