

Clinical Trial Protocol

Iranian Registry of Clinical Trials

18 Sep 2026

The Effectiveness Psychological Capital Group Training on Distress Tolerance and Psychological Flexibility in people with Anxiety, Stress and Depression Symptoms

Protocol summary

Study aim

Assessment The Effectiveness Psychological Capital Group Training on Distress Tolerance and Psychological Flexibility in people with Anxiety, Stress and Depression Symptoms

Design

The clinical trial has a control group and an intervention group, without blinding, randomized on 32 participants. For randomization the site www.randomization.com will be used.

Settings and conduct

Psychological capital training in Ibn Sina Hospital of Mashhad will be conducted in 10 face-to-face sessions for 90 minutes and once a week on the intervention group. The control group will not receive the intervention. None of the participants know which of the control and intervention groups they are in.

Participants/Inclusion and exclusion criteria

Living in Mashhad No psychiatric drug use Not suffering from Psychological disorders Not getting Psychological therapies in last year No suicide history

Intervention groups

The intervention group (15 people) will attend the meetings at the specified time and hour. Psychological capital training will be conducted in 10 90-minute sessions, one session per week at Ibn Sina Hospital, and will be conducted by a master's student in clinical psychology under the supervision of the supervisor and with the supervision of the sessions. The control group (15 people) will not receive a placebo. After filling the demographic information, psychological flexibility and distress tolerance questionnaires, the control group will not receive any intervention until the end of the research. According to the research ethics, after the end of the research and data analysis, psychological capital training will be implemented for the control group.

Main outcome variables

Distress Tolerance Dimensions of Psychological Flexibility and Anxiety, Stress and Depression Symptoms

General information

Reason for update

Failure to complete the sample within the desired period of time

Acronym

IRCT registration information

IRCT registration number: **IRCT20230820059198N1**

Registration date: **2023-08-23, 1402/06/01**

Registration timing: **prospective**

Last update: **2024-02-05, 1402/11/16**

Update count: **1**

Registration date

2023-08-23, 1402/06/01

Registrant information

Name

Farzaneh Heyran

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 51 4613 2376

Email address

heiranf4001@mums.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2024-02-04, 1402/11/15

Expected recruitment end date

2024-02-29, 1402/12/10

Actual recruitment start date

empty

Actual recruitment end date
empty

Trial completion date
empty

Scientific title
The Effectiveness Psychological Capital Group Training on Distress Tolerance and Psychological Flexibility in people with Anxiety, Stress and Depression Symptoms

Public title
The Effectiveness Psychological Capital Group Training on Distress Tolerance and Psychological Flexibility in people with Anxiety, Stress and Depression Symptoms

Purpose
Education/Guidance

Inclusion/Exclusion criteria
Inclusion criteria:
Living in Mashhad Informed consent to participate in research
Exclusion criteria:
Suffering from Psychological disorders Taking psychiatric drugs Receiving psychological treatments in the last year A history of suicide attempts

Age
No age limit

Gender
Both

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **32**

Randomization (investigator's opinion)
Randomized

Randomization description
Random numbers table using www.randomization.com

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
Iran National Committee for Ethics in Biomedical Research
Street address
No. 56, 3rd Beheshti St., Beheshti Blvd., Chenaran

town

City
Chenaran

Province
Razavi Khorasan

Postal code
9361946671

Approval date
2023-08-08, 1402/05/17

Ethics committee reference number
IR.MUMS.MEDICAL.REC.1402.245

Health conditions studied

1

Description of health condition studied
Anxiety, Stress and Depression Symptoms, Distress Tolerance, Psychological Flexibility

ICD-10 code
F41.2

ICD-10 code description
Mixed anxiety and depressive disorder

Primary outcomes

1

Description
Distress Tolerance score on Distress Tolerance Scale (DTS)

Timepoint
Pre intervention, Post intervention, 1 month after intervention

Method of measurement
Distress Tolerance Scale (DTS)

2

Description
Psychological Flexibility score on Psychological Flexibility Dimensions Questionnaire

Timepoint
Pre intervention, Post intervention, 1 month after intervention

Method of measurement
Psychological Flexibility Dimensions Questionnaire

3

Description
Score on Anxiety, Stress and Depression Scale (DASS-21)

Timepoint
Pre intervention, Post intervention, 1 month after intervention

Method of measurement
Anxiety, Stress and Depression Scale (DASS-21)

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: The intervention group (16 people) will attend the meetings at the specified time and hour. Psychological capital training will be conducted in 10 90-minute sessions, one session per week at Ibn Sina Hospital, and will be conducted by a master's student in clinical psychology under the supervision of the supervisor and with the supervision of the sessions.

Category

Other

2

Description

Control group: The control group (15 people) will not receive a placebo. After filling the demographic information, psychological flexibility and distress tolerance questionnaires, the control group will not receive any intervention until the end of the research. According to the research ethics, after the end of the research and data analysis, psychological capital training will be implemented for the control group.

Category

Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Mashhad University of Medical Science

Full name of responsible person

Farzaneh Heyran

Street address

Mashhad University of Medical Sciences, Azadi Sq.,
Mashhad

City

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Province

Razavi Khorasan

Postal code

9177948564

Phone

+98 51 3800 2000

Email

MDS.Dean@mums.ac.ir

Web page address

<https://medical.mums.ac.ir>

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Mashhad University of Medical Sciences

Full name of responsible person

Mohsen Mouhebat

Street address

University Research and Technology Vice-Chancellor,
3rd floor, University of Medical Sciences, next to
Hoveizeh Cinema, University St.

City

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Province

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Postal code

9138813944

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Email

vcresraech@mums.ac.ir

Web page address

<https://v-research.mums.ac.ir/moavenat/2021-04-06-05-57-55>

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Mashhad 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

Mashhad University of Medical Sciences

Full name of responsible person

Farzaneh Heyran

Position

Student

Latest degree

Bachelor

Other areas of specialty/work

Psychology

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No. 56, 3rd Beheshti Ave., Beheshti Blvd., Chenaran
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Person responsible for scientific inquiries

Contact

Name of organization / entity

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Person responsible for updating data

Contact

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Sharing plan

Deidentified Individual Participant Data Set (IPD)

No - There is not a plan to make this available

Justification/reason for indecision/not sharing IPD

No more information

Study Protocol

No - There is not a plan to make this available

Statistical Analysis Plan

No - There is not a plan to make this available

Informed Consent Form

No - There is not a plan to make this available

Clinical Study Report

No - There is not a plan to make this available

Analytic Code

No - There is not a plan to make this available

Data Dictionary

No - There is not a plan to make this available