

Clinical Trial Protocol

Iranian Registry of Clinical Trials

17 Jun 2026

Effect of group therapy approach based on the hope of reducing anxiety and depression and increased motivation in students' progress

Protocol summary

Summary

The purpose of research is in spection of Medical group rely on expectend theraphy at decreas of worriment amount, depression and increas the educational progression. Research statistic community was boy students in high- school level in Ardabil city.42 student choosed by simplerrandom sampling method entrance creterion to study was parents satis factory and exit clause was having the keen illness. These number of students divided equally in random in two experiment group and control group . experiment group participated in the Medical group class for 8 hours that rely on expectance theraphy.Medical group plan designed based on Schnider(1994)and Schnider and Mc Dermot(1999) and during of each session was ninety minutes .Medical group relyon expectance theory included following techniques and steps: introducing expectance and it,s differing aspects introducing goals and it,s types as a part of expectance increasing process , structural creation to discover the goals; offerent the solution for arrangement the clear and practical goals in different levels- goal list preparation , setting them in priority and choose one goal for working in group accustom with incentence in creasing methods and psychic and physical in pursuit the goals, change the negative self-saying, make the inner film using positivimly mental image-making and offering sentences and promising stories for mental will force strengthing , changing the food regime will force strenghtening , using the progressing chart for assessing goal pursuit process and feedback , accustom with overcoming method against barriers and conflict, drawing thinking and positive feeling due achieve the goal in expectance increasing , work assessing primal concequences variable was as afollow:anxiety score-depression score and students progression incentive score.

General information

Acronym

N

IRCT registration information

IRCT registration number: **IRCT201106216849N1**

Registration date: **2011-08-21, 1390/05/30**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2011-08-21, 1390/05/30

Registrant information

Name

Nader Saheb

Name of organization / entity

Tonekabon Azad University

Country

Iran (Islamic Republic of)

Phone

+98 45 1552 1770

Email address

nadersaheb@yahoo.com

Recruitment status

Recruitment complete

Funding source

TONEKABON AZAD UNIVERSITY-ARDABIL EDUCATION

Expected recruitment start date

2010-12-22, 1389/10/01

Expected recruitment end date

2011-03-06, 1389/12/15

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effect of group therapy approach based on the hope of reducing anxiety and depression and increased motivation in students' progress

Public title

Effect of group therapy approach based on the hope of reducing anxiety and depression and increased motivation in students' progress

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria: parental consent Exclusion criteria: acute or chronic disease

Age

From **14 years** old to **18 years** old

Gender

Male

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **42**

Randomization (investigator's opinion)

Randomized

Randomization description

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

ARDABIL EDUCATION

Street address

BAKARI STREET; ARDABIL; IRAN

City

ARDABILI

Postal code

Approval date

2010-04-27, 1389/02/07

Ethics committee reference number

6347

Health conditions studied

1

Description of health condition studied

Depression

ICD-10 code

f30

ICD-10 code description

Mood [affective] disorders

2

Description of health condition studied

Anxiety

ICD-10 code

f30

ICD-10 code description

Mood [affective] disorders

Primary outcomes

1

Description

Anxiety score

Timepoint

Pre-test and 2 months after intervention (po-test)

Method of measurement

Cattell Anxiety Questionnaire

2

Description

Depression score

Timepoint

Pre-test and 2 months after intervention (po-test)

Method of measurement

Beck depression inventory

3

Description

Achievement motivation scores

Timepoint

Pre-test and 2 months after intervention (po-test)

Method of measurement

Achievement motivation questionnaire Hrmns

Secondary outcomes

empty

Intervention groups

1

Description

Control group: pretest and posttest control group of non-intervention are not present in any

Category

Behavior

2

Description

Expriment group , 8 session of medical group as follow:
Medical sessions execute in 8 sessions with 1.5 hour time

for each session - this session executed as group classes medical program designed based on Schnider(1999).each session divided in 4 portions- in the first portion for 20 minutes they discuss about last week's activities and homeworks and in the second portion encouraged to resolve the problems related to the homeworks- in the second portion they learn about psychic education and skills related to expectance for about 20 minutes that these skills are in compass of goals- causeway and agent-in third portion that lasting about 40 minutes discussed about apply these skills in daily life-contributor encouraging to bring up the problems visual and a light - and help each other to resolve them with expected skills-in the last 10 minutes also offered the homeworks related to future session.

Category

Behavior

Recruitment centers

1

Recruitment center

Name of recruitment center
SHEIKH MOFID HIGH SCHOOL
Full name of responsible person
NADER SAHEB
Street address
ARDABIL
City
ARDABIL

Sponsors / Funding sources

1

Sponsor

Name of organization / entity
TONEKABON AZAD UNIVERSITY
Full name of responsible person
KHALIL POURSHAMSIAN
Street address
AZAD UNIVERSITY; VALI ABAD; TONEKABON
City
TONEKABON
Grant name
Grant code / Reference number
-
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
TONEKABON AZAD UNIVERSITY
Proportion provided by this source
Public or private sector
empty
Domestic or foreign origin
empty
Category of foreign source of funding
empty
Country of origin
Type of organization providing the funding

empty

2

Sponsor

Name of organization / entity
EDUCATION ARDABIL
Full name of responsible person
AHMAD MAHMODZADEH
Street address
BAKARI St; ARDABIL
City
ARDABIL
Grant name
Grant code / Reference number
-
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
EDUCATION ARDABIL
Proportion provided by this source
Public or private sector
empty
Domestic or foreign origin
empty
Category of foreign source of funding
empty
Country of origin
Type of organization providing the funding
empty

Person responsible for general inquiries

Contact

Name of organization / entity
OFFICE ARDABIL EDUCATION
Full name of responsible person
NADER SAHEB
Position
Expert Health & Prevention
Other areas of specialty/work
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Person responsible for scientific inquiries

Contact

Name of organization / entity

TONEKABON AZAD UNIVERSITY
Full name of responsible person
SHAHNAM ABOLGHASEMI

Position
PHD PSYCOLOGE

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)
empty

Study Protocol
empty

Statistical Analysis Plan
empty

Informed Consent Form
empty

Clinical Study Report
empty

Analytic Code
empty

Data Dictionary
empty