

Clinical Trial Protocol

Iranian Registry of Clinical Trials

17 Jun 2026

Comparing the effectiveness of Positive psychotherapy and therapy based on acceptance and commitment on Self-esteem and self-efficacy of female students with unsuccessful suicide

Protocol summary

Study aim

The purpose of this research is to compare the effectiveness of positive psychotherapy and treatment based on acceptance and commitment on the Self-esteem and self-efficacy of female students.

Design

The research sample included 45 female students with failed suicide who met the intervention criteria and were selected by simple random sampling and 15 of the participants were divided into two experimental and comparison groups and one control group by simple random allocation.

Settings and conduct

The statistical population was determined by a questionnaire from all female high school students in Bafagh city, and the sample members were referred to Bagherol Uloom Student Counseling Center and after giving their consent, they participated in the research, and the sample members were asked in which intervention group (positive psychotherapy and therapy) Based on acceptance and commitment) or the control group, they did not know.

Participants/Inclusion and exclusion criteria

Female students with unsuccessful suicide in high schools in Bafagh city with suicide attempt in the years 2020- 2023.

Intervention groups

Experimental group: 12 sessions of 75 minutes of positive psychotherapy Comparison group: 12 sessions of 75 minutes therapy based on acceptance and commitment Control group: did not receive any intervention.

Main outcome variables

Self-esteem and Self-efficacy (including sub-scales of desire to initiate behavior, different in facing obstacles, desire to expand efforts to complete).

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20230930059561N1**

Registration date: **2023-10-14, 1402/07/22**

Registration timing: **prospective**

Last update: **2023-10-14, 1402/07/22**

Update count: **0**

Registration date

2023-10-14, 1402/07/22

Registrant information

Name

Reyhaneh Kargaran bafghi

Name of organization / entity

The Islamic Azad University Zarand Branch

Country

Iran (Islamic Republic of)

Phone

+98 35 3244 4943

Email address

r.kargaran1896@gmail.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2023-10-23, 1402/08/01

Expected recruitment end date

2023-12-06, 1402/09/15

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Comparing the effectiveness of Positive psychotherapy and therapy based on acceptance and commitment on Self-esteem and self-efficacy of female students with unsuccessful suicide

Public title

Comparing the effectiveness of Positive psychotherapy and therapy based on acceptance and commitment on Self-esteem and self-efficacy.

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria:

female students with unsuccessful suicide in the years 2020 to 2023

Exclusion criteria:

female students under the age of 15 Having a psychotic disorder

Age

From **15 years** old to **18 years** old

Gender

Female

Phase

N/A

Groups that have been masked

- Participant

Sample size

Target sample size: **45**

Randomization (investigator's opinion)

Randomized

Randomization description

The random sampling method is simple, all members of the society have an equal chance, and the sampled people were randomly assigned to the experimental and control groups.

Blinding (investigator's opinion)

Single blinded

Blinding description

One-way blinding: The sample includes two intervention groups and one control group, all of them are unaware of the received exposure, but the researcher is aware of the type of intervention.

Placebo

Not used

Assignment

Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Research Ethics Committee of Islamic Azad University
- Kerman branch

Street address

The Islamic Azad University - Kerman branch, Valiasr Blvd

City

Kerman

Province

Kerman

Postal code

7635168111

Approval date

2023-09-09, 1402/06/18

Ethics committee reference number

IR.IAU.KERMAN.REC.1402.094

Health conditions studied

1

Description of health condition studied

A history of unsuccessful suicide attempts

ICD-10 code

T14.91

ICD-10 code description

Suicide attempt

Primary outcomes

1

Description

Increasing self-esteem in the Rosenberg self-esteem questionnaire and increasing self-efficacy in the Scherer self-efficacy questionnaire.

Timepoint

before the start of the intervention and 30 days later (after the intervention) and 60 days later (follow-up)

Method of measurement

Rosenberg self-esteem questionnaire and Scherer self-efficacy questionnaire

Secondary outcomes

1

Description

Increasing self-esteem in the Rosenberg self-esteem questionnaire and increasing self-efficacy in the Scherer self-efficacy questionnaire

Timepoint

Before the start of the intervention and 30 days later (after the intervention) and 60 days later (follow-up)

Method of measurement

Rosenberg self-esteem questionnaire and Scherer self-efficacy questionnaire

Intervention groups

1

Description

Intervention group 1: positive psychotherapy, intervention group 2: treatment based on acceptance and commitment, control group: they did not receive any intervention.

Category

Rehabilitation

Recruitment centers

1

Recruitment center

Name of recruitment center

Bagherol Uloom Student Counseling Center

Full name of responsible person

Ali Reza Heydari

Street address

No. 40, Edalat 2 Ave, 15 Khordad

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

The Islamic Azad University Zarand Branch

Full name of responsible person

Mehdi Alizadeh

Street address

Islamic Azad University, Zarand branch, University Square, Sarbagh Road

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Province

Kerman

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Email

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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

The Islamic Azad University Zarand Branch

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

The Islamic Azad University Zarand branch

Full name of responsible person

Reyhaneh Kargaran Bafghi

Position

PHD candidate

Latest degree

Master

Other areas of specialty/work

Psychology

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Person responsible for scientific inquiries

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Position

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Latest degree

Master

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Person responsible for updating data

Contact

Name of organization / entity

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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

Yes - There is a plan to make this available

Clinical Study Report

Yes - There is a plan to make this available

Analytic Code

Yes - There is a plan to make this available

Data Dictionary

Yes - There is a plan to make this available

Title and more details about the data/document

Only part of the information related to the per-test and post-test comparison results

When the data will become available and for how long

Access starts from 2024

To whom data/document is available

Researchers working in academic and scientific institutions

Under which criteria data/document could be used

Without mentioning the sample specifications, access has no special condition

From where data/document is obtainable

via the corresponding author's email

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

Send details by email to the corresponding author

Comments