Clinical Trial Protocol
Iranian Registry of Clinical Trials

07 Nov 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 Bafgh 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
City
Bafgh
Province
Yazd
Postal code
8971843558
Phone
+98 35 3243 1011
Email
Moshavereh.Ravanshenasi1400@gmail.com

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
City
Zarand
Province
Kerman
Postal code
7761146595
Phone
+98 34 3345 0856
Email
hamid.molayi@gmail.com
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
Street address
Malek Ashtar3 Ave, Emam Khomayni Blvd
City
Bafgh
Province
Yazd
Postal code
8971647366
Phone
+98 35 3244 4943
Email
R.Kargaran1896@gmail.com

Person responsible for scientific inquiries

Contact
Name of organization / entity
The Islamic Azad University Zarand branch
Full name of responsible person
Reyhaneh Kargaran Bafghi
Position
PHD candidate
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+98 35 3244 4943
Email

R.Kargaran1896@gmail.com

Person responsible for updating data

Contact

Name of organization / entity
The Islamic Azad University Zarand branch

Full name of responsible person
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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