Clinical Trial Protocol
Iranian Registry of Clinical Trials

19 Nov 2026

Developing an educational program based on psychological empowerment and comparing its effectiveness with cognitive behavioral therapy on psychological flexibility, academic hope and life satisfaction of adolescents

Protocol summary

Study aim
This research will be carried out to develop an integrated model of psychological empowerment and compare its effectiveness with cognitive behavioural therapy based on psychological acceptability, academic hope and life satisfaction of adolescents.

Design
The current research is a semi-experimental research of pre-test, post-test and follow-up type with a control group. 60 volunteers were selected and randomly divided into two experimental groups and one control group.

Settings and conduct
- The location of the research is in one of the classrooms of the teacher's school in Ahvaz city. - Weekly meetings will be conducted by the researcher on two consecutive days for two groups. - The sample group is evaluated in three stages before, after and follow-up by a research questionnaire.

Participants/Inclusion and exclusion criteria
Informed consent Teenagers studying Living in Ahvaz city Has both parents No psychological conditions

Intervention groups
1- an educational program based on psychological empowerment 2- effectiveness of cognitive behavioural therapy

Main outcome variables
Psychological flexibility Academic hope Life satisfaction

General information

Reason for update

Acronym

IRCT registration information
IRCT registration number: **IRCT20231013059706N1**
Registration date: **2023-11-10, 1402/08/19**
Registration timing: **registered_while_recruiting**

Last update: **2023-11-10, 1402/08/19**
Update count: **0**

Registration date
2023-11-10, 1402/08/19

Registrant information
Name
Iman Baharvand
Name of organization / entity
The university of Shahid Chamran Ahvaz
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Recruitment status
Recruitment complete

Funding source

Expected recruitment start date
2023-10-23, 1402/08/01

Expected recruitment end date
2024-03-05, 1402/12/15

Actual recruitment start date
empty

Actual recruitment end date
empty

Trial completion date
empty

Scientific title
Developing an educational program based on psychological empowerment and comparing its effectiveness with cognitive behavioral therapy on

psychological flexibility, academic hope and life satisfaction of adolescents

Public title
psychological empowerment and comparing its with cognitive behavioral therapy on psychological flexibility, academic hope and life satisfaction of adolescents
Purpose
Supportive
Inclusion/Exclusion criteria
Inclusion criteria:
Informed consent - Educational teenager - resident of Ahvaz city - with both parents
Exclusion criteria:
- Having psychological disorders - Have a special patient
Age
From **12 years** old to **18 years** old
Gender
Male

Phase
N/A
Groups that have been masked
No information
Sample size
Target sample size: **60**
Randomization (investigator's opinion)
Randomized
Randomization description
In this research, 60 people will be selected with the help of an available sampling method. In the next step, assigning people to study groups will be done by random replacement method and with the help of a lottery. In this way, the names of all the people will be written on the paper and after the list is complete, we will put them in a box and choose from among them in order until 60 people are arranged in order. Finally, we assign the first 3 people to 3 groups, and we continue this work until the end of the people.
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 Shahid Chamran University of Ahvaz
Street address
Waliasr St., corner of Mehr, Alam El Hoda dormitory
City
Ahvaz
Province
Khouzestan
Postal code
6134947678
Approval date
2023-11-07, 1402/08/16
Ethics committee reference number
IR.SCU.REC.1402.032

Health conditions studied

1

Description of health condition studied
Life satisfaction
ICD-10 code
ICD-10 code description

2

Description of health condition studied
academic hope
ICD-10 code
ICD-10 code description

3

Description of health condition studied
Psychological flexibility
ICD-10 code
ICD-10 code description

Primary outcomes

1

Description
Life satisfaction score in Hubner's Multidimensional Life Satisfaction Questionnaire (2001)
Timepoint
Measuring life satisfaction before the intervention (pre-test) and After completing the intervention (post-test) and 45 days after the end of the intervention
Method of measurement
Multidimensional Life Satisfaction Questionnaire (2001)

2

Description
The academic hope score in Sohrabi and Samani's educational hope questionnaire (2013)
Timepoint
Measuring academic hope before the intervention (pre-test) and After completing the intervention (post-test) and 45 days after the end of the intervention
Method of measurement
Sohrabi and Samani's educational hope questionnaire (2013)

3

Description
The psychological flexibility questionnaire score of Bund et al. (2010)
Timepoint
Measuring psychological flexibility before the intervention (pre-test) and After completing the intervention (post-test) and 45 days after the end of the intervention
Method of measurement
Psychological flexibility questionnaire Bund et al. (2010)

Secondary outcomes

empty

Intervention groups

1

Description
The first intervention group: 10 sessions of psychological empowerment training based on the ACT approach and positive psychology, one 90-minute session each week.By combining the two approaches of positive psychology and ACT with the training of 4 main psychological capabilities (Advisor, observer, noticer and valuer), this intervention helps a person to have a standard for correct behaviour in his life. These meetings will be every week and the training for the entire intervention period will last two and a half months.
Category
Behavior

2

Description
Intervention group: 8 sessions of cognitive behaviour therapy training taken from the book of cognitive behaviour therapy (Coley and Teten, 2008), one session of 90 minutes each week.This intervention, with the help of cognitive and behavioural strategies, such as identifying and testing negative spontaneous thoughts, techniques of redirecting attention, time management, etc., tries to help change the way of thinking and modify the individual's behaviour. This intervention is done every week and the duration of the training period will be two months.
Category
Behavior

3

Description
Control group: A group that receives no intervention.
Category
Behavior

Recruitment centers

1

Recruitment center
Name of recruitment center
Moallem School
Full name of responsible person
Adel Saeed
Street address
Ahvaz, Farhangshar, Golestan Blvd, Entezam Alley 3
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Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Shahid Chamran University of Ahvaz
Full name of responsible person
Mansour Sodani
Street address
Shahid Chamran University of Ahvaz, Faculty of Education & Psychology
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+98 61 3333 0019
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sodani_m@scu.ac.ir
Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
Shahid Chamran University of Ahvaz
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 University of Shahid Chamran of Ahvaz
Full name of responsible person
Mansour Sodani
Position
Professor
Latest degree
Ph.D.
Other areas of specialty/work
Psychology
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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
There is no further information
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
No - There is not a plan to make this available
Analytic Code
No - There is not 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
We will publish all the things that were agreed upon in the above section in detail in the section related to the thesis attachments.
When the data will become available and for how long
After the publication of articles related to the topic of the thesis in 2024
To whom data/document is available
General people interested in research and personal growth in life
Under which criteria data/document could be used
The raw data will not be made available to anyone else.
From where data/document is obtainable
To get the documents, you can refer to the Irandak website or the website of the magazines that publish the articles.
What processes are involved for a request to access data/document
The files can be easily downloaded after being placed on the mentioned sites.
Comments