

Clinical Trial Protocol

Iranian Registry of Clinical Trials

17 Jun 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

Country

Iran (Islamic Republic of)

Phone

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im.bahar69@gmail.com

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

Khuzestan

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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Email

name@gmail.com

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

City

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Postal code

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Phone

+98 61 3333 0019

Email

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

Street address

The University of Shahid Chamran of Ahvaz,

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Person responsible for updating data

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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