Clinical Trial Protocol
Iranian Registry of Clinical Trials

17 Sep 2026

A Study on the Effectiveness of Training based on Positive Mindset on High School Students' Social Relationship Skills and Anxiety Disorders in Zahedan city in 2023

Protocol summary

Study aim
Investigating the effect of positive thinking training on social communication skills and anxiety disorders

Design
The participants in this study include second grade high school students in Zahedan city. The participants are randomly selected and randomly divided into two groups by tossing a coin. The total number of participants will be 30 students (15 people in each group).

Settings and conduct
This research is conducted on the effect of positive thinking training on social communication skills and anxiety disorders. The place of study is second term high schools in Zahedan city. Therapy sessions are held in the school of vision. Meetings are held in groups and during 9 two-hour sessions. The first session is the introduction of group members, and the second and third sessions include identifying and strengthening strengths and positive emotions. In the fourth and fifth sessions, forgiveness and forgiveness, in the sixth and seventh sessions, gratitude and appreciation, in the eighth session, positive communication in providing well-being and active constructive feedback, and in the ninth session, gradual and continuous pleasure is taught. Positive psychotherapy (PPT) program is used in the intervention sessions. The positive thinking, social connection and anxiety level before and after the intervention are compared. Beck's anxiety questionnaire (1995) is used.

Participants/Inclusion and exclusion criteria
The students of the second grade of secondary school in one district of Zahedan city, who are both boys and girls according to their age and education level

Intervention groups
The participants in this study are divided into two groups (study and control). The study group will receive positive thinking training. The control group will not receive this training but will participate in regular school activities.

Main outcome variables
Positive thinking, Social communication, Anxiety

General information

Reason for update

Acronym
آموزش مثبت اندیشی بر میزان مهارت‌های ارتباط اجتماعی و اختلالات اضطراب

IRCT registration information
IRCT registration number: **IRCT20231225060522N1**
Registration date: **2024-01-20, 1402/10/30**
Registration timing: **registered_while_recruiting**

Last update: **2024-01-20, 1402/10/30**
Update count: **0**

Registration date
2024-01-20, 1402/10/30

Registrant information

Name
Arezoo Salimjahantigh

Name of organization / entity
Islamic Azad University, Zahedan Branch, Faculty of Medicine

Country
Iran (Islamic Republic of)

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Recruitment status
Recruitment complete

Funding source

Expected recruitment start date
2024-01-05, 1402/10/15

Expected recruitment end date
2024-03-15, 1402/12/25
Actual recruitment start date
empty
Actual recruitment end date
empty
Trial completion date
empty

Scientific title
A Study on the Effectiveness of Training based on Positive Mindset on High School Students' Social Relationship Skills and Anxiety Disorders in Zahedan city in 2023

Public title
A Study on the Effectiveness of Training based on Positive Mindset on Social Relationship Skills and Anxiety Disorders
Purpose
Education/Guidance
Inclusion/Exclusion criteria
Inclusion criteria:
Students of the second grade of high school in district one of Zahedan city
Exclusion criteria:
Students who are in the second year of high school and do not fall into the age range between 15 and 18 years old
Age
From **15 years** old to **18 years** old
Gender
Both

Phase
3
Groups that have been masked
No information
Sample size
Target sample size: **30**
More than 1 sample in each individual
Number of samples in each individual: **15**
A student of the second grade of secondary school in District 1 of Zahedan city
Randomization (investigator's opinion)
Randomized
Randomization description
Randomization is simple and is done using the coin toss method. We consider the control group as a lion and the experimental group as a line, and based on the sample size of 15 people for each group, a coin is tossed 30 times and people are randomly assigned to two groups.
Blinding (investigator's opinion)
Not blinded
Blinding description
Placebo
Not used
Assignment
Parallel
Other design features
In this study, a group form positive psychotherapy program (Rashid and Seligman, 2013) will be used to implement positive psychotherapy sessions.

Secondary Ids

empty

Ethics committees

1

Ethics committee
Name of ethics committee
Ethics Committee of Islamic Azad University, Zahedan branch
Street address
Zebashahr - the intersection of Kausar and Besharat streets
City
zahedan
Province
Sistan-va-Balouchestan
Postal code
9817945365
Approval date
2023-12-25, 1402/10/04
Ethics committee reference number
IR.IAU.ZAH.REC.1402.085

Health conditions studied

1

Description of health condition studied
Teaching positive thinking
ICD-10 code
ICD-10 code description

Primary outcomes

1

Description
Social communication skills
Timepoint
Before the start of the intervention, the questionnaire is given to the students who were selected, and after completing it and being evaluated according to the results obtained and the level of the students, training to the students and recommendations to the parents of the school are given. and after these trainings and immediately after the intervention, the questionnaire will be given to the intervention group again.
Method of measurement
Social Communication Skills Inderbitzen and Foster (1992) Social Communication Skills Questionnaire contains 39 statements with 5 options where the subject expresses her answer for each statement in a range of options from not at all to always true.

2

Description
Anxiety disorders
Timepoint

Before the start of the intervention, the questionnaire is given to the students who were selected, and after completing it and being evaluated according to the results obtained and the level of the students, training to the students and recommendations to the parents of the school are given. and after these trainings and immediately after the intervention, the questionnaire will be given to the intervention group again.

Method of measurement

Beck's anxiety questionnaire (1995) is used. This anxiety questionnaire contains 21 questions and according to the Likert scale (zero to three scores for each question), a higher score indicates more anxiety.

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group (study): The study group will consist of second grade high school students of district one of Zahedan city. Students are randomly selected from schools in the city. This group will participate in regular and scheduled training sessions on a weekly basis for a specified period of time (8 weeks). A group form positive psychotherapy program (Rashid and Seligman, 2013) is used to conduct positive psychotherapy sessions. This program is held in groups and during nine two-hour sessions. The data collected from the questionnaire (Beck's Anxiety Questionnaire) is evaluated to measure the changes in the variables of positive thinking, social communication skills and their anxiety level.

Category

Behavior

2

Description

Control group: The control group will also consist of second grade high school students of district one of Zahedan city. This group will not receive the positive thinking educational intervention but will participate in regular school activities. The control group before and after the study, similar to the study group, will be monitored and evaluated to measure any natural changes in the variables of positivity, social communication skills, and anxiety levels.

Category

Behavior

Recruitment centers

1

Recruitment center

Name of recruitment center

Zahedan second secondary high school

Full name of responsible person

mrs jahantigh

Street address

zibashahr

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Sistan-va-Balouchestan

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Islamic Azad University

Full name of responsible person

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Grant name

Grant code / Reference number

Is the source of funding the same sponsor organization/entity?

No

Title of funding source

Islamic Azad University

Proportion provided by this source

1

Public or private sector

Private

Domestic or foreign origin

Domestic

Category of foreign source of funding

empty

Country of origin

Type of organization providing the funding

Other

Person responsible for general inquiries

Contact

Name of organization / entity

Islamic Azad University

Full name of responsible person

Arezzo salim jahantigh

Position

Student

Latest degree

Master

Other areas of specialty/work

Psychology

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Person responsible for scientific inquiries

Contact

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Full name of responsible person

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Professor

Latest degree

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Other areas of specialty/work

Psychology

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Person responsible for updating data

Contact

Name of organization / entity

Islamic Azad University

Full name of responsible person

Arezoo Salim Jahantigh

Position

student

Latest degree

Master

Other areas of specialty/work

Psychology

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Phone

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Email

arezoosalimjahantigh@gmail.com

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

No - There is not a plan to make this available

Informed Consent Form

Yes - There is 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

No - There is not a plan to make this available

Title and more details about the data/document

Questionnaires of social communication skills and anxiety disorders are used.

When the data will become available and for how long

After the end of the evaluation and observations and the collection of documents, which is a maximum period of 6 months or 9 months or one academic year

To whom data/document is available

student and supervisor

Under which criteria data/document could be used

Data analysis for the article

From where data/document is obtainable

Arezoo Salim Jahantigh
Email:arezoosalimjahantigh@gmail.com

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

After sending the request to receive the documents to the specified email and confirming the person's profile and how to use the data, the documents and files will be provided to the applicant within a maximum period of 10 days.

Comments