# Clinical Trial Protocol
# Iranian Registry of Clinical Trials

07 Nov 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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+98 915 192 2252

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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

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## Sponsors / Funding sources

### 1

**Sponsor**

**Name of organization / entity**

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**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

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Student
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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**
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**