

Clinical Trial Protocol

Iranian Registry of Clinical Trials

09 Jul 2026

The Effect of Positive Thinking Skill Training on Life Expectancy and Self-Esteem in Patient Undergoing Chemotherapy

Protocol summary

Study aim

Determining the Effect of Positive Thinking Skill Training on Life Expectancy and Self-esteem in Patients Undergoing Chemotherapy

Design

This research will be quasi -experimental with a pre-test, post-test design with a control group. Patients will be randomly allocated into two control and intervention groups. In the current study, the sample size was 30 people.

Settings and conduct

The statistical population includes all patients undergoing chemotherapy in Mehr Iran Hospital, Birjand city in 2023. First, a pre-test will be conducted to evaluate the average level of self-esteem using the Rosenberg questionnaire and the average life expectancy using the Schneider questionnaire in two groups. The intervention group will receive positive thinking training in 8 30-minute sessions (twice a week) using the educational protocol taken from the Positive Psychotherapy book (Seligman) and counseling with psychology professors. After the completion of the intervention (8 training sessions), the average self-esteem and life expectancy in both control and intervention groups will be measured and monitored with the same questionnaires. In order to consider ethical principles, at the end of the intervention, positive thinking skill training booklets will be given to the control group.

Participants/Inclusion and exclusion criteria

Inclusion criteria: written informed consent; history of chemotherapy for at least one month; age 18-60 years old. Exclusion criterion: missing more than two sessions.

Intervention groups

The intervention group will receive positive thinking training in 8 30-minute sessions (twice a week) using the training protocol taken from the Positive Psychotherapy book (Seligman) . During this period, the control group does not receive training.

Main outcome variables

Life Expectancy and Self-esteem

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20240204060898N1**

Registration date: **2024-02-20, 1402/12/01**

Registration timing: **registered_while_recruiting**

Last update: **2024-02-20, 1402/12/01**

Update count: **0**

Registration date

2024-02-20, 1402/12/01

Registrant information

Name

Elham Ramezani

Name of organization / entity

Country

Iran (Islamic Republic of)

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Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2024-02-19, 1402/11/30

Expected recruitment end date

2024-03-14, 1402/12/24

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The Effect of Positive Thinking Skill Training on Life Expectancy and Self-Esteem in Patient Undergoing Chemotherapy

Public title

The Effect of Positive Thinking Skill Training on Life Expectancy and Self-Esteem in Patient Undergoing Chemotherapy

Purpose

Supportive

Inclusion/Exclusion criteria**Inclusion criteria:**

Written informed consent History of chemotherapy for at least 1 month Doing chemotherapy during training sessions Attend all training sessions Age between 18 and 60 years Having at least reading and writing literacy

Exclusion criteria:

Not taking psychotropic drugs for at least three months before and during the training course Not having severe neurological disorders based on participants' self-report Not using other complementary medicine treatments one month before and during the treatment Not participating in the same course (face-to-face, virtual)

Age

From **18 years** old to **60 years** old

Gender

Both

Phase

N/A

Groups that have been masked

- Participant

Sample size

Target sample size: **30**

Randomization (investigator's opinion)

Randomized

Randomization description

The random block method will be as follows: 1)The size of each block will be 4. 2)All possible combinations will be written with 2 control and 2 intervention cases. (6 combinations) 3)Blocks are randomly selected to allocate all of participants.

Blinding (investigator's opinion)

Single blinded

Blinding description

In this study, after sampling and before random allocation, the participants are told that the positive thinking skill will be provided in the form of face-to-face training or educational pamphlets.

Placebo

Not used

Assignment

Parallel

Other design features**Secondary Ids**

empty

Ethics committees**1****Ethics committee****Name of ethics committee**

Ethics committee of Birjand University of Medical Sciences

Street address

Birjand University of Medical Sciences, Ghafari Blvd.

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Birjand

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South Khorasan

Postal code

97117853076

Approval date

2024-02-03, 1402/11/14

Ethics committee reference number

IR.BUMS.REC.1402.481

Health conditions studied**1****Description of health condition studied**

Cancer

ICD-10 code

C16

ICD-10 code description

Malignant neoplasm of stomach

2**Description of health condition studied**

Cancer

ICD-10 code

C18

ICD-10 code description

Malignant neoplasm of colon

3**Description of health condition studied**

Cancer

ICD-10 code

C50

ICD-10 code description

Malignant neoplasm of breast

4**Description of health condition studied**

Cancer

ICD-10 code

C94

ICD-10 code description

Other leukemias of specified cell type

5**Description of health condition studied**

Cancer

ICD-10 code

C53

ICD-10 code description

Malignant neoplasm of cervix uteri

Primary outcomes**1****Description**

Life Expectancy Score in Schneider Questionnaire

Timepoint

Before the Start of the Intervention and After the End of the Intervention

Method of measurement

Schneider Life Expectancy Questionnaire

2**Description**

Self-Esteem Score in the Rosenberg Questionnaire

Timepoint

Before the Start of the Intervention and After the End of the Intervention

Method of measurement

Rosenberg Self-Esteem Questionnaire

Secondary outcomes

empty

Intervention groups**1****Description**

Intervention group: In this study, the intervention group will receive positive thinking training in 8 30-minute sessions (twice a week) using the educational protocol taken from the Positive Psychotherapy book (Seligman) and counseling with psychology professors.

Category

Rehabilitation

2**Description**

Control group: At the end of the intervention, positive thinking skill training booklets will be given to the control group.

Category

Rehabilitation

Recruitment centers**1****Recruitment center****Name of recruitment center**

IRAN MEHR Radiotherapy and Oncology Center

Full name of responsible person

Dr. Hassan Mortazi

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30 th Ghafari Ave., Ghafari Blvd.,

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Sponsors / Funding sources**1****Sponsor****Name of organization / entity**

Birjand University of Medical Sciences

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?**

Yes

Title of funding source

Birjand University of Medical Sciences

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**

Birjand University of Medical Sciences

Full name of responsible person

Elham Ramezani

Position

Psychiatric Nursing Student

Latest degree

Bachelor

Other areas of specialty/work

Nursery

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Person responsible for scientific inquiries**Contact****Name of organization / entity**

Birjand University of Medical Sciences

Full name of responsible person

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Latest degree

Ph.D.

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Latest degree

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Other areas of specialty/work

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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

Based on Ethical Issues

Study ProtocolUndecided - It is not yet known if there will be a plan to
make this available**Statistical Analysis Plan**

No - There is not a plan to make this available

Informed Consent FormUndecided - It is not yet known if there will be a plan to
make this available**Clinical Study Report**Undecided - It is not yet known if there will be 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