

Clinical Trial Protocol

Iranian Registry of Clinical Trials

11 Sep 2026

Effectiveness of motivational interviewing on reducing psychopathological symptoms, increasing self-esteem, and quality of life in women with HIV in Tabriz

Protocol summary

Study aim

1. Examining the Effectiveness of Motivational Interviewing on Quality of Life in Women with HIV in Tabriz
2. Examining the Effectiveness of Motivational Interviewing on Self-Esteem in Women with HIV in Tabriz
3. Examining the Effectiveness of Motivational Interviewing on Reducing Psychopathological Symptoms in Women with HIV in Tabriz

Design

quasi-experimental pretest-posttest control group design

Settings and conduct

This study will be a quasi-experimental study with a pretest-posttest design with a control group that will be conducted on 32 HIV-infected women referring to the Tabriz Behavioral Diseases Counseling Center. Participants will be randomly divided into two experimental and control groups. The experimental group will be received 5 sessions of motivational interviewing, while the control group continued with usual care only. Assessments will be conducted in three stages: pretest, posttest, and 3-month follow-up.

Participants/Inclusion and exclusion criteria

Confirmed HIV diagnosis through clinical tests. No concurrent psychological treatments were allowed during the study period. Aged 18 years or older. Female gender. Minimum literacy skills (ability to read and write).

Intervention groups

Intervention group (n = 16): Receives motivational interviewing.

Main outcome variables

Quality of Life Self-Esteem Psychopathological Symptoms

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20190924044866N2**

Registration date: **2025-07-15, 1404/04/24**

Registration timing: **prospective**

Last update: **2025-07-15, 1404/04/24**

Update count: **0**

Registration date

2025-07-15, 1404/04/24

Registrant information

Name

Ali Asgharzade

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 21 6649 2712

Email address

ali.asgharzadeh72@gmail.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2025-09-23, 1404/07/01

Expected recruitment end date

2025-12-22, 1404/10/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effectiveness of motivational interviewing on reducing psychopathological symptoms, increasing self-esteem, and quality of life in women with HIV in Tabriz

Public title

The Effectiveness of Motivational Interviewing on HIV

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria:

Confirmed HIV diagnosis through clinical tests. No concurrent psychological treatments during the study period Aged 18 years or older Female gender Minimum literacy skills (ability to read and write)

Exclusion criteria:

Not applicable in this study

Age

From **18 years** old

Gender

Female

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **32**

Randomization (investigator's opinion)

Not randomized

Randomization description

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

Research Ethics Committee of Tabriz University of Medical Sciences

Street address

Tabriz - El Goli Road, Razi Educational and Medical Center

City

Tabriz

Province

East Azarbaijan

Postal code

5167846184

Approval date

2024-08-19, 1403/05/29

Ethics committee reference number

IR.TBZMED.REC.1403.407

Health conditions studied

1

Description of health condition studied

HIV

ICD-10 code

B20

ICD-10 code description

Human immunodeficiency virus [HIV] disease

Primary outcomes

1

Description

Quality of life

Timepoint

before intervention, after intervention and 3 month follow up

Method of measurement

World Health Organization Quality of Life Instrument - Short Form

2

Description

self-esteem

Timepoint

before intervention, after intervention and 3 month follow up

Method of measurement

Eysenck Self-Esteem Test

3

Description

psychopathological symptoms

Timepoint

before intervention, after intervention and 3 month follow up

Method of measurement

General Health Questionnaire,Cross-Symptom Measurement Scale

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: Participants in the intervention group (n = 16) will receive five individual motivational interviewing (MI) sessions, each lasting 60 minutes. These sessions will employ evidence-based MI techniques—including change talk, reflective listening, and goal-setting strategies—to enhance intrinsic motivation and facilitate behavioral change. Standardized assessment tools will be administered to evaluate

outcomes, and sessions will be audio-recorded (with participant consent) to ensure treatment fidelity. All procedures will adhere to ethical guidelines, including informed consent and data confidentiality.

Category

Treatment - Other

2**Description**

Control group: Includes (n=16) who will not receive any intervention. It should be noted that pre-test, post-test, and follow-up assessments will be conducted

Category

N/A

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

Behavioral Diseases Counseling Center in Tabriz

Full name of responsible person

Ali Asgharzadeh

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El Goli Road, Razi Educational and Medical Center

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

Tabriz University of Medical Sciences

Full name of responsible person

Khosro Adibkia: (Vice Chancellor for Research (VCR) of Tabriz University of Medical Sciences)

Street address

International Relations Office, No 2 Central Building, Tabriz University of Medical Sciences, University Street, Tabriz, , Iran

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Tabriz

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ali.asgharzadeh72@gmail.com

Grant name**Grant code / Reference number****Is the source of funding the same sponsor organization/entity?**

No

Title of funding source

Vice Chancellor for Research (VCR) of Tabriz 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**

Tabriz University of Medical Sciences

Full name of responsible person

Ali Asgharzadeh

Position

Assistant professor

Latest degree

Ph.D.

Other areas of specialty/work

Psychology

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Person responsible for updating data**Contact****Name of organization / entity**

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Sharing plan**Deidentified Individual Participant Data Set (IPD)**

Undecided - It is not yet known if there will be a plan to make this available

Study Protocol

Undecided - It is not yet known if there will be a plan to make this available

Statistical Analysis Plan

Not applicable

Informed Consent Form

Undecided - It is not yet known if there will be a plan to make this available

Clinical Study Report

Not applicable

Analytic Code

Not applicable

Data Dictionary

Not applicable