Clinical Trial Protocol
Iranian Registry of Clinical Trials

07 Nov 2026

The effect of positive psychological interventions on resilience, anxiety, depression and quality of life in nurses

Protocol summary

Study aim
Determining the effect of positive educational interventions on resilience, anxiety, depression, and quality of life of nurses

Design
The sample size is two groups of 32 people. After initial assessment and review of entry criteria, they will be randomly divided into two intervention and control groups.

Settings and conduct
Patients in the intervention group will undergo group therapy sessions (positive psychology interventions) for 8 90-minute sessions. In the control group, no intervention will be performed.

Participants/Inclusion and exclusion criteria
Study inclusion criteria include: 1. Age: Up to 55 years. 2. Occupation: Nurses, Deputy of Medical Affairs, Mashhad University of Medical Sciences. 3. Not having a severe psychiatric illness, including schizophrenia, bipolar disorder, and schizoaffective disorder. 4. Willingness to participate: Willingness to participate in the study and informed consent to participate in the project 5. Working conditions: Nurses with at least 2 years of experience working in hospitals Study exclusion criteria: 1. Absence from intervention sessions: Absence from more than 2 positive psychology intervention sessions. 2. Unwillingness to continue participation: Unwillingness to continue participating in the project or withdrawal from further cooperation. 3. Use of psychiatric medications: initiation of new psychiatric medications during the study period 4. Failure to complete questionnaires 5. Suffering from anxiety disorders and depression

Intervention groups
In the experimental group, positive psychology intervention based on the Seligman protocol will be carried out in a group and in person.

Main outcome variables
DASS: Depression Anxiety Stress Scales 21 Conner and Davidson Resilience Questionnaire World Health Organization Quality of Life - WHOQOL-BREF) Quality of Life Questionnaire

General information

Reason for update
Acronym
IRCT registration information
IRCT registration number: **IRCT20250606066087N1**
Registration date: **2025-07-04, 1404/04/13**
Registration timing: **prospective**

Last update: **2025-07-04, 1404/04/13**
Update count: **0**

Registration date
2025-07-04, 1404/04/13

Registrant information
Name
Mahdi Sabeti
Name of organization / entity
Country
Iran (Islamic Republic of)
Phone
+98 58 3722 6547
Email address
sabetim4011@mums.ac.ir

Recruitment status
Recruitment complete
Funding source

Expected recruitment start date
2025-08-23, 1404/06/01
Expected recruitment end date
2025-11-22, 1404/09/01
Actual recruitment start date
empty
Actual recruitment end date
empty

Trial completion date
empty

Scientific title
The effect of positive psychological interventions on resilience, anxiety, depression and quality of life in nurses

Public title
Positive psychological interventions in Society

Purpose
Supportive

Inclusion/Exclusion criteria

Inclusion criteria:
Job: Nurses, Deputy of Medical Affairs, Mashhad University of Medical Sciences. Absence of severe psychiatric illness including schizophrenia, bipolar disorder, and schizoaffective disorder Working conditions: Nurses with at least 2 years of experience working in hospitals. Willingness to participate: Willingness to participate in the study and informed consent to participate in the plan. age up to 55 years

Exclusion criteria:
Absence from intervention sessions: Absence from more than 2 sessions of positive psychology intervention sessions. Use of psychiatric medications: initiation of new psychiatric medications during the study period Failure to complete questionnaires Unwillingness to continue participation: Unwillingness to continue participating in the project or withdrawal from further cooperation. Having anxiety disorders and depression

Age
To **55 years** old

Gender
Both

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **64**

Randomization (investigator's opinion)
Randomized

Randomization description
simple

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 Mashhad University of Medical Sciences

Street address
Ebne Sina Psychiatric Hospital Buali Blvd

City
Mashhad

Province
Razavi Khorasan

Postal code
1111111111

Approval date
1992-09-10, 1371/06/19

Ethics committee reference number
4032400

Health conditions studied

1

Description of health condition studied
The impact of positive interventions

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description
Depression anxiety and stress

Timepoint
before and after intervention

Method of measurement
Depression Anxiety Stress Scales (DASS): 21

2

Description
Resilience

Timepoint
before and after intervention

Method of measurement
Connor and Davidson Resilience Questionnaire

3

Description
Quality of life

Timepoint
Before and after the intervention

Method of measurement
(World Health Organization Quality of Life - WHOQOL-BREF) Quality of Life Questionnaire

Secondary outcomes

empty

Intervention groups

1

Description
Intervention group: Patients in the intervention group will undergo group therapy sessions (positive psychology interventions) for 8 90-minute sessions.
Category
Behavior

2

Description
Control group: No intervention is performed in the control group and this group will be placed on a waiting list. After the research is completed, if the intervention is effective, this training will also be implemented for them.
Category
Behavior

Recruitment centers

1

Recruitment center
Name of recruitment center
Ibn Sina Psychiatric Hospital
Full name of responsible person
Farshad Sheybani
Street address
Buali Blvd
City
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sabetim4011@mums.ac.ir
Web page address
http://sina.mums.ac.ir/

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Mashhad University of Medical Sciences
Full name of responsible person
Mohsen Tafaqodi
Street address
Khorasan Razavi, Mashhad, Daneshgah Street - Next to Hoveyzeh Cinema - Qorashi Building - Deputy for Research and Technology
City
Mashhad
Province
Razavi Khorasan
Postal code
9138813944
Phone
+98 51 3841 1538
Fax
+98 51 3843 0249
Email
TafaghodiM@mums.ac.ir
Web page address
https://v-research.mums.ac.ir/moavenat/2021-04-06-05-57-55
Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
Mashhad 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
Mashhad University of Medical Sciences
Full name of responsible person
Mahdi Sabeti
Position
Resident
Latest degree
Medical doctor
Other areas of specialty/work
Psychiatrics
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ebne sina hospital
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Person responsible for scientific inquiries

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Name of organization / entity

Mashhad University of Medical Sciences

Full name of responsible person
Mahdi Sabeti

Position
Resident

Latest degree
Medical doctor

Other areas of specialty/work
Psychiatrics

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Person responsible for updating data

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Mashhad University of Medical Sciences

Full name of responsible person
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Position
Resident

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Medical doctor

Other areas of specialty/work
Psychiatrics

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Email
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Sharing plan

Deidentified Individual Participant Data Set (IPD)
Yes - There is 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
Undecided - It is not yet known if there will be 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
Undecided - It is not yet known if there will be a plan to make this available

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

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

Title and more details about the data/document
age sex

When the data will become available and for how long
after the end

To whom data/document is available
general

Under which criteria data/document could be used
mention the source

From where data/document is obtainable
ebne sina hospital

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

Comments