Clinical Trial Protocol
Iranian Registry of Clinical Trials

08 Nov 2026

Studying the effectiveness of teaching positive thinking skills on psychological well-being, action flexibility, rumination and quality of academic life of 7th grade female students

Protocol summary

Study aim
Determining the effectiveness of positive thinking skills training on psychological well-being, behavioral flexibility, rumination, and academic quality of life of seventh-grade female students

Design
A controlled, unblinded, cluster-randomized clinical trial on 40 patients. The rand function of Excel software was used for randomization.

Settings and conduct
Ten girls' high schools in Ahvaz were selected using a multi-stage random sampling method, and a seventh-grade class was selected from each school using simple random sampling. Finally, 40 people who were eligible for the study and who obtained the necessary scores from the questionnaires were considered as samples in the present study in two groups of 20 people. Blinding was not performed.

Participants/Inclusion and exclusion criteria
Inclusion criteria: 1- Not participating in other psychotherapy sessions for at least one month prior to the study 2- Not having a serious physical or mental illness Exclusion criteria: Absence of more than two sessions

Intervention groups
Using multi-stage random sampling method, first, 1 area is selected, and from that area, 10 girls' junior high schools and one seventh grade class are selected from each school. Finally, 40 eligible people were considered as the sample of the present study. Then, they were divided into two groups of 20 people (experimental group and control group) by simple random sampling. Then, the experimental group will be given eight 90-minute sessions, two sessions per week, and for about a month and a half, positive thinking skills training will be provided, but no training will be provided to the control group.

Main outcome variables
Positive thinking skills, psychological well-being, behavioral flexibility, rumination, quality of life

General information

Reason for update
Acronym
IRCT registration information
IRCT registration number: **IRCT20250624066247N1**
Registration date: **2025-07-21, 1404/04/30**
Registration timing: **prospective**

Last update: **2025-07-21, 1404/04/30**
Update count: **0**

Registration date
2025-07-21, 1404/04/30

Registrant information
Name
Elmira Hoveizeh
Name of organization / entity
Country
Iran (Islamic Republic of)
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Recruitment status
Recruitment complete
Funding source

Expected recruitment start date
2025-07-23, 1404/05/01
Expected recruitment end date
2025-08-21, 1404/05/30
Actual recruitment start date
empty

Actual recruitment end date
empty
Trial completion date
empty

Scientific title
Studying the effectiveness of teaching positive thinking skills on psychological well-being, action flexibility, rumination and quality of academic life of 7th grade female students

Public title
Studying the effectiveness of teaching positive thinking skills on psychological well-being, action flexibility, rumination and quality of academic life of 7th grade female students
Purpose
Education/Guidance
Inclusion/Exclusion criteria
Inclusion criteria:
Not participating in other psychotherapy sessions for at least one month before the study Being a volunteer to participate in the study Not having a serious physical or mental illness
Exclusion criteria:
Absence of more than two sessions Participation in other psychological training sessions Unwillingness to continue treatment
Age
From **12 years** old to **13 years** old
Gender
Female

Phase
N/A
Groups that have been masked
No information
Sample size
Target sample size: **40**
Randomization (investigator's opinion)
Randomized
Randomization description
Using multi-stage random sampling method, first from 4 education districts, 1 district was selected by simple random sampling, and from that district, 10 girls' junior high schools were selected by simple random sampling (lottery) and a seventh grade class was selected from each school by simple random sampling. A total of 10 classes were selected, and 241 people answered the questionnaires of psychological well-being, functional flexibility, rumination, and academic quality of life. Finally, 40 of them who scored lower than 45 in the psychological well-being questionnaires; lower than 49 in functional flexibility; higher than 56 in rumination, and lower than 116 in academic quality of life were considered as the sample of the present study. Then, they were divided into two groups of 20 people (experimental group and control group) by simple random sampling and assigned.
Blinding (investigator's opinion)
Not blinded
Blinding description
Placebo
Not used
Assignment
Other
Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee
Name of ethics committee
Ethics Committee of Islamic Azad University of Ahvaz Branch
Street address
Opposite Keshavarz Street, Farhang Shahr, Golestan Highway
City
Ahvaz
Province
Khouzestan
Postal code
۶۱۳۴۹۳۷۳۳۳
Approval date
2025-05-15, 1404/02/25
Ethics committee reference number
IR.IAU.AHVAZ.REC.1404.073

Health conditions studied

1

Description of health condition studied
Positive Thinking Skills on Psychological Well-Being, Functional Flexibility, Rumination, and Quality of Life
ICD-10 code
F41.8
ICD-10 code description
Other specified anxiety disorders

Primary outcomes

1

Description
Positive thinking skills
Timepoint
After forming the groups, the subjects were led to special rooms and were given questionnaires to measure the variables as a pre-test and were assured that the answers they gave would remain confidential. They were asked to answer the questions confidently and honestly.People in the experimental groups participated in training courses for about 1 and a half months. The experimental group received positive thinking skills training in 8 90-minute sessions, two sessions per week. Also, no intervention was carried out for the control group. However, to prevent threats to the internal validity of the test, the control group was promised that

positive thinking skills training would be implemented for them after the end of the study. This was done. After the end of the training period, both the experimental and control groups were re-assessed with questionnaires to measure the variables as a post-test. In addition, after one month, the two groups were re-assessed in the follow-up phase with the dependent variables.

Method of measurement

Research instruments will include: Riff's Psychological Well-Being Questionnaire (1989); Connor and Davidson's Functional Flexibility Questionnaire (2003); Nolen-Hoeksma and Maru's Rumination Questionnaire (1991); and Inley and Burke's Quality of Academic Life Questionnaire (1992).

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group:Using multi-stage random sampling method, first from 4 education districts, 1 district was selected by simple random, and from that district, 10 girls' junior high schools were selected by simple random (drawing lots) and from each school, a seventh grade class was selected by simple random. A total of 10 classes were selected, and 241 people answered the questionnaires. Finally, 40 people who met the required scores were considered as the sample of the present study. Then, they were divided and assigned to two groups of 20 people (experimental group and control group) by simple random.After forming the groups, the subjects were led to special rooms and were given questionnaires to measure the variables as a pre-test and were assured that the answers they gave would remain confidential. They were asked to answer the questions confidently and honestly.People in the experimental groups participated in training courses for about 1 and a half months. The experimental group received positive thinking skills training in 8 90-minute sessions, two sessions per week. After completing the training course, the experimental group was re-assessed using questionnaires that measured the variables as a post-test. In addition, after one month, the two groups were re-assessed in the follow-up phase with the dependent variables.

Category

Lifestyle

2

Description

Using multi-stage random sampling method, first from 4 education districts, 1 district was selected by simple random, and from that district, 10 girls' junior high schools were selected by simple random (drawing lots) and from each school, one seventh grade class was selected by simple random. A total of 10 classes were selected, and 241 people answered the questionnaires. Finally, 40 people who met the required scores were considered as the sample of the present study. Then, they were divided and assigned to two groups of 20 people (experimental group and control group) by simple random. After forming the groups, the subjects were led to special rooms and were given questionnaires to measure the variables as a pre-test and were assured that the answers they gave would remain confidential. They were asked to answer the questions confidently and honestly. People in the experimental groups participated in training courses for about 1 and a half months. The experimental group received positive thinking skills training in 8 90-minute sessions, two sessions per week. Also, no intervention was carried out for the control group. However, to prevent threats to the internal validity of the test, the control group was promised that positive thinking skills training would be implemented for them after the end of the study. This was done. After the end of the training period, the control group was re-assessed with questionnaires used to measure variables as a post-test. In addition, after one month, the two groups were re-assessed in the follow-up phase with the dependent variables.

Category

Lifestyle

Recruitment centers

1

Recruitment center

Name of recruitment center

Girls' High School

Full name of responsible person

Elmira Hoveyzeh

Street address

Unit 3, Ofogh Residential Complex, Sedasima Street 3, End of Shemshad Street 12, Residential Complex, Baharestan

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Province

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Postal code

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Phone

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Email

elmirahovaze@gmail.com

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Islamic Azad University

Full name of responsible person

Pezhman Taghipoor Birgani

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Second Floor, Office Building, Islamic Azad University, Ahvaz Branch, Rahnag Shahr, Golestan Highway

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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
Islamic Azad University
Proportion provided by this source
10
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
Academic

Person responsible for general inquiries

Contact
Name of organization / entity
Islamic Azad University
Full name of responsible person
Elmira Hoveyzeh
Position
Master's Student
Latest degree
Bachelor
Other areas of specialty/work
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Position
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Latest degree
Bachelor
Other areas of specialty/work
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Person responsible for updating data

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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