Clinical Trial Protocol
Iranian Registry of Clinical Trials

08 Nov 2026

The effect of positive interventions on improving attitudes towards the future and reducing rumination in female heads of households

Protocol summary

Study aim
Examining the Effect of Positive Psychology Interventions on Improving Future Outlook and Reducing Rumination in Female Heads of Households Referring to Counseling Centers in Ahvaz

Design
The clinical trial will use a pretest-posttest design with experimental and control groups, and individuals will be randomly assigned to the experimental and control groups.

Settings and conduct
This research is a field experimental study with a pretest–posttest design and a control group. The statistical population consists of all female heads of households in Ahvaz who have referred to counseling centers. After preparing a list of eligible individuals, forty participants will be selected through simple random sampling and assigned to two groups—experimental (20 participants) and control (20 participants)—using random number allocation. The experimental group will receive cognitive–behavioral therapy based on the treatment package proposed by Seligman, Rashid, and Parks (2004) in fourteen 45-minute sessions.

Participants/Inclusion and exclusion criteria
Entry requirements Be literate. Be at least 20 and no more than 55 years old. Be the head of the household. Exclusion requirements Have a severe physical problem that interferes with the research process. Be taking psychiatric medications Be diagnosed with a mental disorder

Intervention groups
Intervention group: Group therapy based on the treatment package proposed by Seligman, Rashid, and Parks (2004) will be conducted in fourteen 45-minute sessions. Control group: No intervention will be provided.

Main outcome variables
Future Outlook; Cognitive Rumination

General information

Reason for update

Acronym

IRCT registration information
IRCT registration number: **IRCT20250826067013N1**
Registration date: **2025-08-29, 1404/06/07**
Registration timing: **prospective**

Last update: **2025-08-29, 1404/06/07**
Update count: **0**

Registration date
2025-08-29, 1404/06/07

Registrant information

Name
Khadijeh Fallin

Name of organization / entity

Country
Iran (Islamic Republic of)

Phone
+98 61 7564 5797

Email address
1403falin@gmail.com

Recruitment status
Recruitment complete

Funding source

Expected recruitment start date
2025-09-11, 1404/06/20

Expected recruitment end date
2025-09-21, 1404/06/30

Actual recruitment start date
empty

Actual recruitment end date
empty

Trial completion date
empty

Scientific title

The effect of positive interventions on improving attitudes towards the future and reducing rumination in female heads of households

Public title
The impact of positive interventions
Purpose
Education/Guidance
Inclusion/Exclusion criteria
Inclusion criteria:
Be literate in reading and writing. Be at least 20 and no more than 55 years old. Be the head of the household
Exclusion criteria:
Have a serious physical problem that interferes with the research process. Be taking psychiatric medications. Be diagnosed with a mental disorder.
Age
From **20 years** old to **55 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
In this study, to achieve completely random allocation and eliminate any researcher interference or bias, a simple randomization method will be used. First, a complete list of female heads of households referring to the counseling center who meet the inclusion criteria will be prepared. Then, each of these individuals will be assigned an initial numerical identification code. These codes will be entered into the Random Number Generator software. The software will generate a unique random number for each individual. After the numbers are generated, the participants will be listed in ascending order based on the value of the random number. Then, sequentially, the first to fifteenth people on the list will be assigned to the experimental group and the sixteenth to thirtieth people to the control group. This process will be designed in such a way that the order of entry or the researcher's knowledge of the participants will have no role in the allocation method, and it will not be possible to predict the group of each individual before the randomization is completed.
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 Islamic Azad University of Ahvaz
Street address
Islamic Azad University of Ahvaz, Farhang Shahr.
City
Ahvaz
Province
Khouzestan
Postal code
6134937333
Approval date
2025-08-20, 1404/05/29
Ethics committee reference number
IR.IAU.AHVAZ.REC.1404.353

Health conditions studied

1

Description of health condition studied
Problems of Female Heads of Households
ICD-10 code
ICD-10 code description

Primary outcomes

1

Description
Future Outlook
Timepoint
before performing the intervention and two weeks after completion of the intervention
Method of measurement
Zimbardo and Boyd’s (1999) Future Time Perspective Questionnaire

2

Description
Cognitive Rumination
Timepoint
before performing the intervention and two weeks after completion of the intervention
Method of measurement
Nolen-Hoeksema and Morrow’s (1991) Ruminative Responses Scale (RRS)

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: Positive Psychology Intervention:The positive psychology approach, by focusing on individuals' strengths and capabilities rather than on abnormalities and disorders, ultimately aims to identify strategies that promote well-being and happiness. In the present study, the positive psychology intervention refers to the implementation of group therapy based on the treatment package proposed by Seligman, Rashid, and Parks (2004), delivered by the researcher in fourteen 45-minute sessions.

Category

Behavior

2

Description

Control group: They do not receive any intervention or treatment.

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center

Rayan Consulting Center

Full name of responsible person

Khadijeh Fallin

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1st floor, Mahtab Complex, between East 4th and 5th Streets, Kianpars.

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Islamic Azad University

Full name of responsible person

Dr. Parvin Ehteshamzadeh

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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

Ahvaz Islamic Azad University

Proportion provided by this source

100

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

Persons

Person responsible for general inquiries

Contact

Name of organization / entity

Islamic Azad University

Full name of responsible person

Khadijeh Fallin

Position

Master's Student

Latest degree

Bachelor

Other areas of specialty/work

Family Counseling

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Person responsible for updating data

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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
Participant data is completely confidential and I do not intend to publish it.
Study Protocol
No - There is not a plan to make this available
Statistical Analysis Plan
No - There is not 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