Clinical Trial Protocol
Iranian Registry of Clinical Trials

07 Nov 2026

The Effectiveness of the Reality-Based Educational-Therapeutic Program on Improving the Meaning of Life, Life Expectancy, and Self-Reflection in Senior High School Students of Qaemiyeh Mosque in Ahvaz

Protocol summary

Study aim

The main goal of the present study is to investigate the effectiveness of a reality-based educational-therapeutic program on improving three fundamental psychological constructs of adolescents, namely "self-concept", "meaning of life", and "hope for life".

Design

This research is a quasi-experimental study with a pretest-posttest design and a control group. From the available population, 30 people are selected based on inclusion and exclusion criteria and then replaced by simple randomization (drawing lots) in two experimental groups (15 people) and control (15 people). This study is in the pilot phase (Pilot/Phase II).

Settings and conduct

Due to the nature of the psychological intervention, double blinding is not possible; however, data analysis is performed by someone outside the session implementation process and based on coded data to reduce potential error.

Participants/Inclusion and exclusion criteria

Study entry requirements Being a student in the upper secondary school. Having informed consent from the individual and parents to participate in the study. Study exclusion requirements Having severe psychiatric disorders or cognitive disabilities that prevent effective participation in sessions (based on self-declaration or parent/school report). Absent more than three sessions from the educational-therapeutic program.

Intervention groups

Experimental group: Students in this group will participate in a 15-session reality-based educational-therapeutic program. Control group: Participants in this group will not receive any intervention during the research period and will only participate in the pre-test and post-test phases.

Main outcome variables

Meaning of life (based on the Meaning of Life Questionnaire by Steger et al., 2006); Life expectancy (based on the Hope Scale by Snyder et al., 1991); Self-reflection (based on the Self-Reflection Questionnaire by Grant et al., 2002).

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20250909067193N1**
Registration date: **2025-09-15, 1404/06/24**
Registration timing: **retrospective**

Last update: **2025-09-15, 1404/06/24**
Update count: **0**

Registration date

2025-09-15, 1404/06/24

Registrant information

Name

Hossein Hosseinzade

Name of organization / entity

Country

Iran (Islamic Republic of)

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Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2024-09-22, 1403/07/01

Expected recruitment end date

2024-10-22, 1403/08/01

Actual recruitment start date
empty
Actual recruitment end date
empty
Trial completion date
empty

Scientific title
The Effectiveness of the Reality-Based Educational-Therapeutic Program on Improving the Meaning of Life, Life Expectancy, and Self-Reflection in Senior High School Students of Qaemiyeh Mosque in Ahvaz

Public title
The Effectiveness of the Reality-Based Educational-Therapeutic Program on Improving the Meaning of Life, Life Expectancy, and Self-Reflection in Senior High School Students of Qaemiyeh Mosque in Ahvaz
Purpose
Treatment
Inclusion/Exclusion criteria
Inclusion criteria:
- Being a student in upper secondary school (10th to 12th grades). - Voluntary consent of the student and parents to participate in the research. Continuous attendance at intervention sessions.
Exclusion criteria:
- Having a history of severe mental illness or taking psychiatric medications as reported by school or parents.
Age
From **15 years** old to **18 years** old
Gender
Male

Phase
N/A
Groups that have been masked
No information
Sample size
Target sample size: **30**
Randomization (investigator's opinion)
Randomized
Randomization description
The randomization method in this study will be simple randomization. Randomization unit: individual; meaning that each student will be placed independently in one of the two groups. Randomization tool: A random number table or computer software (such as the RAND function in Excel) will be used to generate a random sequence. Sequence construction method: A list of eligible students' numbers will be prepared and, based on the sequence generated by the tool, they will be allocated to the experimental and control groups, respectively. Allocation concealment: The allocation sequence will be prepared in advance by someone outside the research team and placed in sealed and numbered envelopes. The conducting researcher will only open the relevant envelope when each participant arrives and identify his or her group. In this way, the possibility of predicting or manipulating the allocation sequence is minimized.
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 – Ahvaz Branch
Street address
Ahvaz - Golestan Highway - Farhangshahr
City
ahvaz
Province
Khouzestan
Postal code
۶۱۳۴۹-۳۷۳۳۳
Approval date
2025-08-04, 1404/05/13
Ethics committee reference number
IR.IAU.AHVAZ.REC.1404.361

Health conditions studied

1

Description of health condition studied
Decreased meaning in life; decreased life expectancy; poor self-reflection in adolescents
ICD-10 code
F32.9
ICD-10 code description
Major depressive disorder, single episode, unspecified

Primary outcomes

1

Description
Primary Outcome Variable 1Score of the Self-Reflection and Insight Scale (SRIS) to measure students' "self-reflection." This scale assesses the degree to which individuals are willing and able to reflect on and rethink their thoughts and behaviors.Primary Outcome Variable 2Score of the Meaning in Life Questionnaire (MLQ; Steger et al., 2006) to measure students' "meaning in life." This questionnaire operates on two dimensions: "presence of meaning" and "search for meaning."Primary Outcome Variable 3Score of the Hope Scale (Snyder et al., 1991) to measure students' "hope for life." This scale assesses two main components: "agent thinking" and "pathways thinking."
Timepoint

Measurement time pointsBeginning of the study, before the intervention (pre-test)After the end of the 15-session intervention (post-test)

Method of measurement

How to measure variablesSelf-reflection: Using the Self-Reflection Questionnaire by Grant et al. (2002); translated and localized version in Iran.Meaning of life: Using the Meaning of Life Questionnaire by Steger et al. (2006); translated and localized version in Iran.Life expectancy: Using the Hope Scale by Snyder et al. (1991); translated and localized version in Iran.

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: Intervention group: Participants in this group participate in a reality-based educational-therapeutic program. This program is designed based on the principles of the philosophy of realism and aims to promote the meaning of life, life expectancy and self-reflection. The intervention consisted of 15 group sessions during which participants were exposed to structured educational-therapeutic content in a supportive and interactive environment. Session components included: teaching concepts related to existential needs and the meaning of life, cognitive exercises and individual reflection, group activities and communication skills practice, and focusing on developing a positive attitude and purposeful planning for the future. Each session lasted approximately 90 minutes and was led by a trained researcher.

Category

Treatment - Other

2

Description

Control group: Control Group: Participants in this group do not receive any educational-therapeutic intervention during the study period and are only assessed in the pre-test and post-test stages.

Category

Treatment - Other

Recruitment centers

1

Recruitment center

Name of recruitment center
Ghaemieh Mosque, Ahvaz

Full name of responsible person
Hossein Hosseinzadeh

Street address
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Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Islamic Azad University

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
Islamic Azad University

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
Islamic Azad University

Full name of responsible person
Hossein Hosseinzadeh

Position
Master's student

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)
Yes - There is a plan to make this available
Study Protocol
Yes - There is a plan to make this available
Statistical Analysis Plan
Yes - There is a plan to make this available
Informed Consent Form
Yes - There is a plan to make this available
Clinical Study Report
Yes - There is a plan to make this available
Analytic Code
Yes - There is a plan to make this available
Data Dictionary
Yes - There is a plan to make this available
Title and more details about the data/document
Title: Raw data of questionnaires and statistical tables of the research “The effectiveness of a reality-based educational-therapeutic program on improving the meaning of life, life expectancy and self-reflection of high school students of Qaemieh Mosque in Ahvaz” Details: Individual data of participants, including raw scores of the meaning of life questionnaires (Steger et al., 2006), life expectancy (Snyder et al., 1991) and self-reflection (Grant et al., 2002), are collected at the pre-test and post-test stages. These data are shareable after removing any identifying information. Also, statistical tables (descriptive and inferential) extracted from these data will be available if needed. The data will be used only within the framework of research goals and with ethical considerations.
When the data will become available and for how long
Time frame for access to data/documents: Access to research data and documents will begin six months after the defense and final approval of the thesis (1404) and will be available to interested researchers for five years thereafter (until the end of 1409). After this period, data will only be available upon justified research request and with the approval of the ethics committee.
To whom data/document is available
Who is allowed to access the data/documents: The data and documents of this study, after de-identification of the participants, will be accessible only to researchers and faculty members of universities and higher education institutions who submit a formal request. Also, graduate students in related fields (psychology, counseling, educational sciences) can request access with a valid letter of introduction from their university. Access will not be possible for individuals or non-scientific and commercial entities.
Under which criteria data/document could be used
For what purpose and under what conditions can the data/documents be used: The data and documents of this study will only be used for scientific, educational and research purposes and in order to expand knowledge in

the field of clinical psychology and behavioral sciences. The use of data for commercial, advertising or any activity outside the scientific framework is prohibited. The conditions of use include: Sending an official written request with a letter of introduction from the university or research institute. Signing a confidentiality agreement and a commitment not to disclose the identity or personal information of the participants. Use only in the form of scientific analyses (descriptive and inferential statistics) that are consistent with the objectives of the study. Cite the source and cite this study in any publication of data-based results.

From where data/document is obtainable

Who or where to contact to receive data/documents: Applicants can contact the principal investigator and supervisor to receive data or documents for this study. Contact information is as follows: Principal Investigator: Hossein Hosseinzadeh – Master's student in Clinical Psychology, Islamic Azad University, Ahvaz Branch.

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

What is the process for a data/document request: After submitting a formal request to the principal investigator or supervisor (along with a letter of introduction from the applicant's institution), the request is registered and initially reviewed. At this stage, the identity documents and the purpose of the data use will be reviewed. If initially approved, the applicant must complete and sign the "Confidentiality and Responsible Use of Data Commitment Form". The request will then be referred to the Ethics Committee of Islamic Azad University – Ahvaz Branch for final review. After approval by the Ethics Committee, the de-identified data or relevant documentation will be provided to the applicant via email or a secure electronic platform. This entire process, if the documents are completed on time, will usually take between 2 and 4 weeks.

Comments