Clinical Trial Protocol
Iranian Registry of Clinical Trials

09 Nov 2026

Investigating the Effectiveness of Integrated Logotherapy and Life Coaching Intervention on Meaning in Life and Life Satisfaction among Adults

Protocol summary

Study aim
Investigating the effectiveness of integrated logotherapy and life coaching intervention on increasing meaning in life (presence of meaning and search for meaning) and life satisfaction among adults

Design
Randomized controlled trial (RCT) with control group, pre-test, post-test, and one-month follow-up

Settings and conduct
Reputable counseling and psychological services centers

Participants/Inclusion and exclusion criteria
Adults aged 30-45 with at least high school diploma and informed consent. Exclusion: active severe psychiatric disorders

Intervention groups
Intervention group: 9 sessions of integrated logotherapy and life coaching (60-75 min, twice weekly). Control group: no intervention until study completion

Main outcome variables
1.Meaning in Life score (Presence and Search) using MLQ at three time points. 2. Life Satisfaction score using SWLS at three time points

General information

Reason for update

Acronym

IRCT registration information
IRCT registration number: **IRCT20260711070128N1**
Registration date: **2026-11-06, 1405/08/15**
Registration timing: **retrospective**

Last update: **2026-11-06, 1405/08/15**
Update count: **0**

Registration date
2026-11-06, 1405/08/15

Registrant information

Name
Arash Ghavidel

Name of organization / entity

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Iran (Islamic Republic of)

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Recruitment status
Recruitment complete

Funding source

Expected recruitment start date
2026-10-12, 1405/07/20

Expected recruitment end date
2026-11-06, 1405/08/15

Actual recruitment start date
empty

Actual recruitment end date
empty

Trial completion date
empty

Scientific title
Investigating the Effectiveness of Integrated Logotherapy and Life Coaching Intervention on Meaning in Life and Life Satisfaction among Adults

Public title
Effectiveness of Integrated Logotherapy and Life Coaching on Meaning in Life and Life Satisfaction

Purpose
Education/Guidance

Inclusion/Exclusion criteria

Inclusion criteria:
Age range 30-45 years at least high school diploma informed consent to participate no concurrent

psychotherapy or professional coaching interventions

Exclusion criteria:

Active severe psychiatric disorders (based on initial screening)

Age

From **30 years** old to **45 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **80**

Randomization (investigator's opinion)

Randomized

Randomization description

This is a two-arm parallel randomized controlled trial. The unit of randomization is individual. After eligibility assessment, written informed consent, and completion of the pre-test, participants are randomly allocated to the intervention group (n=40) and the control group (n=40) with a 1:1 allocation ratio. Simple randomization was used; no quasi-random methods such as hospital sequence, day of week, or file number were applied. No stratified or blocked randomization was used, and the study is not cluster-randomized. The random sequence is generated using random number generation software (SPSS/R or Random.org) with a 1:1 ratio for 80 participants. For allocation concealment, the generated sequence is placed in opaque, sealed, sequentially numbered envelopes by a research collaborator independent of recruitment and screening. Each envelope is opened only after participant registration and completion of the pre-test, in sequential order. Group allocation is performed by a person not involved in screening or intervention delivery. The study is open-label; participants and the intervention facilitator are aware of group assignment, and no blinding was performed. To reduce bias, data analysis will be conducted using group codes without revealing group labels and based on the intention-to-treat principle.

Blinding (investigator's opinion)

Not blinded

Blinding description

Placebo

Not used

Assignment

Parallel

Other design features

This study is a parallel two-arm (intervention and control) randomized controlled trial (RCT). Its unique design feature is the application of a mixed-methods approach, specifically a Sequential Explanatory Design. Accordingly, the research is conducted in two consecutive phases: the first phase comprises a randomized controlled trial with repeated measures (pre-test, post-test, and one-month follow-up) for quantitative data collection and analysis. In the second phase, following the analysis of quantitative data, qualitative data are collected through semi-structured interviews with a subsample of the intervention group to provide a deeper explanation of the findings and to understand the participants' lived experiences. These qualitative data will be analyzed using thematic analysis. This mixed-methods design enables a more comprehensive understanding of how and why the intervention works.

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethics Committee of Islamic Azad University, North Tehran Branch

Street address

No. 11, Khajeh Nasir St., South Palestine St., Enghelab St., Tehran, Iran

City

tehran

Province

Tehran

Postal code

1315773314

Approval date

2026-10-05, 1405/07/13

Ethics committee reference number

IR.IAU.TNB.REC.1405.478

Health conditions studied

1

Description of health condition studied

Meaning in Life and Life Satisfaction

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description

Meaning in Life score (Presence of Meaning and Search for Meaning) measured by Meaning in Life Questionnaire (MLQ) at three time points: pre-test, post-test, and one-month follow-up

Timepoint

Pre-test (before intervention), Post-test (immediately after intervention), and Follow-up (one month after intervention)

Method of measurement

Participants complete the Meaning in Life Questionnaire (MLQ). The MLQ includes 10 items measuring two subscales ("Presence of Meaning" and "Search for Meaning") on a 7-point Likert scale.

Secondary outcomes

1

Description
Life Satisfaction score measured by Satisfaction with Life Scale (SWLS) at three time points: pre-test, post-test, and one-month follow-up
Timepoint
Pre-test (before intervention), Post-test (immediately after intervention), and Follow-up (one month after intervention)
Method of measurement
Completion of the standard Meaning in Life Questionnaire (MLQ) and Satisfaction with Life Scale (SWLS) by participants at three time points (pre-test, post-test, and one-month follow-up)

Intervention groups

1

Description
Intervention group: 9 sessions of integrated logotherapy and life coaching intervention delivered in a group format, twice a week (each session 60-75 minutes). The first 4 sessions focus on logotherapy principles including "Will to Meaning," freedom and responsibility, creative values (meaningful creation), experiential values (depth of life moments), and attitudinal values (suffering as an existential task), culminating in the development of a personal "Meaning Statement." The next 4 sessions utilize the T-GROW model (Topic, SMART Goal setting, Reality assessment using the CIA model, Options exploration, and Will/Action planning) to translate existential insights into practical goals and actionable plans. The final session (9th) is dedicated to integration, reflection, and designing a maintenance plan. The intervention is delivered by a trained researcher in logotherapy and coaching.
Category
Behavior

Recruitment centers

1

Recruitment center
Name of recruitment center
Farhikhtegan Counseling and Psychological Services Center
Full name of responsible person
Dr. Hamid Zolfaghari
Street address
Mashhad, Between Moallem 8 and 10, Next to Ab-shar Tower, Plaque 196
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2

Recruitment center
Name of recruitment center
Farasa Counseling Center
Full name of responsible person
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Sponsors / Funding sources

1

Sponsor
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Phone
+98 21 4286 3000
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Researchcenter@iauec.ac.ir
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
1
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
Arash Ghavidel

Position
Master's Student

Latest degree
Bachelor

Other areas of specialty/work
Psychology

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Person responsible for updating data

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Latest degree
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Other areas of specialty/work
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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
De-identified Individual Participant Data (IPD), Full Study Protocol, Statistical Analysis Plan (SAP), Informed Consent Form (ICF) template, Clinical Study Report (CSR), Analysis Codes, and Data Dictionary. All raw participant data including pre-test, post-test, and follow-up scores of MLQ and SWLS, demographic information, and group allocation will be shared after the complete removal of direct identifiers (names, phone numbers, etc.) and replacing them with unique random codes.

When the data will become available and for how long
Access will begin 6 months after the publication of the main results and will be available for 5 years.

To whom data/document is available
Academic researchers, postgraduate students, and professionals in psychology and related fields, regardless of their institutional affiliation.

Under which criteria data/document could be used

Data will be used for non-commercial research and educational purposes only. Requestors must agree to cite the original source, refrain from any attempt at re-identification of participants, and sign a Data Use Agreement (DUA).

From where data/document is obtainable

Arash Ghavidel (Principal Investigator) Email: ghavidel.a55@gmail.com Phone: +98 915 916 1875 Postal Address: No. 31, Emamat 6, Emamat Blvd., Vakilabad Blvd., Mashhad, Iran. Postal Code: 9188894573

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

Submit a written request via email to the Principal Investigator. Review of the request by the PI and Supervisor (maximum 2 weeks). Signing the Data Use Agreement by the requestor. Secure data transfer (typically 2 to 4 weeks after approval).

Comments

For any further clarification regarding the data sharing process, please contact the Principal Investigator using the provided contact details.