Clinical Trial Protocol
Iranian Registry of Clinical Trials

08 Nov 2026

The effect of positive thinking training on resilience, academic enthusiasm, and classroom silence of fifth-grade male elementary school students in Ramshir city in 1405

Protocol summary

Study aim

To determine the effectiveness of positive thinking training on resilience, academic engagement, and classroom silence among fifth-grade male students in Ramshir.

Design

A randomized, parallel-group, quasi-experimental study with a pre-test/post-test control-group design, involving 40 elementary school students. Participants will be allocated to experimental and control groups using permuted block randomization with variable block sizes of 4 and 6 in a 1:1 ratio.

Settings and conduct

The study will be conducted in elementary schools in Ramshir, Iran, among fifth-grade male students. Forty eligible students will be selected using cluster random sampling and assigned to experimental and control groups (n=20 each). The experimental group will receive eight weekly 45-minute sessions of positive thinking training based on the Rashid (2009) protocol, while the control group will receive no intervention. Pre-test and post-test assessments will be conducted in both groups. No blinding will be applied in this study.

Participants/Inclusion and exclusion criteria

Inclusion criteria: Male fifth-grade students aged 10–12 years with low academic engagement and low resilience based on established cut-off scores, no concurrent psychological or positive thinking intervention, and written parental consent and student assent.

Intervention groups

Experimental group: The intervention group will receive eight weekly 45-minute sessions of structured positive thinking training based on the Rashid (2009) protocol, covering positive emotions, personal strengths, pleasure, commitment, forgiveness, gratitude, meaning, and practical exercises. Control group: Participants will receive no intervention during the study period and will complete the same assessments as the experimental group.

Main outcome variables

Resilience, Academic Engagement, Classroom Silence

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20251129068145N8**
Registration date: **2026-10-15, 1405/07/23**
Registration timing: **prospective**

Last update: **2026-10-15, 1405/07/23**
Update count: **0**

Registration date

2026-10-15, 1405/07/23

Registrant information

Name

Mohammadreza Gorji Azghandi

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 51 3872 0567

Email address

gorji@article-lab.com

Recruitment status

recruiting

Funding source

Expected recruitment start date

2026-10-23, 1405/08/01

Expected recruitment end date

2026-12-21, 1405/09/30

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of positive thinking training on resilience, academic enthusiasm, and classroom silence of fifth-grade male elementary school students in Ramshir city in 1405

Public title

The effect of positive thinking training on resilience, academic enthusiasm, and classroom silence of fifth-grade male elementary school students in Ramshir city in 1405

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria:

Male fifth-grade elementary school students in Ramshir County, aged 10–12 years. Low academic engagement, defined as a score at or below the cut-off point on the Academic Engagement Questionnaire by Fredericks et al. (2004). Low resilience, defined as a score at or below the cut-off point on the Connor-Davidson Resilience Scale (CD-RISC). No history of receiving concurrent psychological or educational interventions, including previous positive thinking training. Written informed consent from parents and assent from the students.

Exclusion criteria:

Age

From **10 years** old to **12 years** old

Gender

Male

Phase

N/A

Groups that have been masked

- Outcome assessor

Sample size

Target sample size: **40**

Randomization (investigator's opinion)

Randomized

Randomization description

Male fifth-grade elementary school students in Ramshir will be selected using a multi-stage cluster sampling method. Following eligibility assessment and baseline measurements, eligible participants will be randomly allocated in a 1:1 ratio to the experimental and control groups using permuted block randomization with variable block sizes of 4 and 6. Allocation concealment will be maintained using sequentially numbered, opaque, sealed envelopes (SNOSE). The outcome assessor will remain blinded to participants' group assignments.

Blinding (investigator's opinion)

Single blinded

Blinding description

The study will be single-blinded. Due to the nature of the educational intervention, participants and the intervention provider cannot be blinded to group allocation. However, the outcome assessor will remain blinded to participants' group assignments.

Placebo

Not used

Assignment

Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Research Ethics Committees of Islamic Azad University - Ahvaz Branch

Street address

Islamic Azad University-Ahvaz Branch, Farhang Shahr, Golestan Highway, Ahvaz.

City

Ahvaz

Province

Khouzestan

Postal code

۶۱۳۴۹۳۷۳۳۳

Approval date

2026-09-22, 1405/06/31

Ethics committee reference number

IR.IAU.AHVAZ.REC.1405.540

Health conditions studied

1

Description of health condition studied

Educational and psychosocial factors in school-aged children

ICD-10 code

Z55.9

ICD-10 code description

Problems related to education and literacy, unspecified

Primary outcomes

1

Description

Resilience

Timepoint

Resilience will be assessed at two time points: baseline (pre-test), before initiation of the intervention, and immediately after completion of the eight-session intervention (post-test).

Method of measurement

Resilience will be assessed using the 25-item Connor–Davidson Resilience Scale (CD-RISC). Items are rated on a 5-point Likert scale, with total scores ranging from 25 to 125; higher scores indicate greater resilience.

2

Description
Academic engagement
Timepoint
Academic engagement will be assessed at two time points: baseline (pre-test), before initiation of the intervention, and immediately after completion of the eight-session intervention (post-test).
Method of measurement
Academic engagement will be assessed using the 15-item Academic Engagement Questionnaire developed by Fredericks et al. (2004), covering behavioral, emotional, and cognitive engagement. Items are rated on a 5-point Likert scale, with higher scores indicating greater academic engagement.

3

Description
Classroom silence
Timepoint
Classroom silence will be assessed at two time points: baseline (pre-test), before initiation of the intervention, and immediately after completion of the eight-session intervention (post-test).
Method of measurement
Classroom silence will be assessed using the 14-item Classroom Silence Questionnaire developed by Behnamfard et al. (2020). Items are rated on a 5-point Likert scale, with higher scores indicating a greater level of classroom silence.

Secondary outcomes

empty

Intervention groups

1

Description
Intervention group: The experimental group will consist of 20 fifth-grade male students. Participants will receive a structured positive thinking training program based on the Rashid (2009) protocol. The intervention will be delivered in eight weekly sessions, with each session lasting 45 minutes, in a school-based workshop format. The sessions will focus on positive emotions, identification and development of personal strengths, pleasure, commitment, forgiveness, gratitude, review of learned skills, and meaning. Assignments and practical exercises will be provided as appropriate throughout the intervention.
Category
Behavior

2

Description
Control group: The control group will consist of 20 fifth-grade male students and will receive no intervention during the study period. Participants in both groups will undergo the same assessment procedures at the specified time points.
Category
Behavior

Recruitment centers

1

Recruitment center
Name of recruitment center
The School of Velayat-e Faqih
Full name of responsible person
Gholam Asakereh
Street address
Velayat-e Faqih School, Shahid Awn Khaledi Street, Mashrageh, Ramshir County
City
Ramshir
Province
Khouzestan
Postal code
۶۳۸۷۱۸۶۱۴۴
Phone
+98 916 894 1042
Email
velayat1405@gmail.com

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Islamic Azad University - Ahvaz Branch
Full name of responsible person
Dr. Aslan Agdernejad
Street address
Industry and Community Relations Office, 2nd Floor, Office Building, Islamic Azad University, Ahvaz Branch, Farhangshahr, Golestan Highway, Ahvaz, Iran.
City
Ahvaz
Province
Khouzestan
Postal code
۶۱۳۴۹-۳۷۳۳۳
Phone
+98 61 3334 8361
Email
info@iauahvaz.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 - Ahvaz Branch
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 - Ahvaz Branch

Full name of responsible person

Dr. Zeinab Rahim Dashti

Position

Assistant Professor

Latest degree

Ph.D.

Other areas of specialty/work

Educational Sciences

Street address

Islamic Azad University-Ahvaz Branch, Farhang Shahr, Golestan Highway, Ahvaz.

City

Ahvaz

Province

Khouzestan

Postal code

۶۱۳۴۹۳۷۳۳۳

Phone

+98 936 237 4309

Email

rahimdashtizeynab@gmail.com

Person responsible for scientific inquiries

Contact

Name of organization / entity

Islamic Azad University - Ahvaz Branch

Full name of responsible person

Dr. Zeinab Rahim Dashti

Position

Assistant Professor

Latest degree

Ph.D.

Other areas of specialty/work

Educational Sciences

Street address

Islamic Azad University-Ahvaz Branch, Farhang Shahr, Golestan Highway, Ahvaz.

City

Ahvaz

Province

Khouzestan

Postal code

۶۱۳۴۹۳۷۳۳۳

Phone

+98 936 237 4309

Email

rahimdashtizeynab@gmail.com

Person responsible for updating data

Contact

Name of organization / entity

Islamic Azad University - Ahvaz Branch

Full name of responsible person

Azam Moradi

Position

Master's student

Latest degree

Bachelor

Other areas of specialty/work

Educational Sciences

Street address

Islamic Azad University-Ahvaz Branch, Farhang Shahr, Golestan Highway, Ahvaz.

City

Ahvaz

Province

Khouzestan

Postal code

۶۱۳۴۹۳۷۳۳۳

Phone

+98 916 700 3196

Email

azam22000022@gmail.com

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

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