

Clinical Trial Protocol

Iranian Registry of Clinical Trials

11 Jun 2026

Effectiveness of Group Reality Therapy on happiness and quality of life in Unsupervised adolescents in Mashhad

Protocol summary

Summary

Unhappiness and lack of satisfactions are not only common in unsupervised adolescents but also affect on their quality of life. This study will assess the effect of Group Reality Therapy (one of the approaches for monitoring and controlling behaviors and responsibility) on increasing happiness and improves quality of life in unsupervised adolescents. In this randomized controlled trial on unsupervised adolescents that lived in Mashhad welfare organization, 40 boys will be selected and by simple randomized sampling will be assigned into intervention and control groups. Experimental groups will participate in 12 weekly, one-hour sessions of Group Reality Therapy. For comparing both groups, Oxford happiness and WHO quality of life tests will be used before and after entering the interventions. Data analysis will be done by using the SPSS software and Chi Square and T- tests.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT201208069175N2**

Registration date: **2013-03-21, 1392/01/01**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2013-03-21, 1392/01/01

Registrant information

Name

Lida Jarahi

Name of organization / entity

Mashhad University of Medical Sciences

Country

Iran (Islamic Republic of)

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+98 51 1882 9262

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Recruitment status

Recruitment complete

Funding source

Islamic Azad University Branch of Torbate-jam

Expected recruitment start date

2011-08-23, 1390/06/01

Expected recruitment end date

2011-11-22, 1390/09/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effectiveness of Group Reality Therapy on happiness and quality of life in Unsupervised adolescents in Mashhad

Public title

Effectiveness of Group Reality Therapy on happiness and quality of life

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria: Being male; vulnerable adolescents that lived in Mashhad welfare organization between 11 to 20 age; who are at least in middle school and likely to participate in this study. Exclusion criteria: Participants with acute diseases, having important problems, under treatment another psychotic diseases

Age

From **11 years** old to **20 years** old

Gender

Male

Phase

2

Groups that have been masked

No information

Sample size

Target sample size: 40

Randomization (investigator's opinion)

Randomized

Randomization description

Blinding (investigator's opinion)

Not blinded

Blinding description

Placebo

Not used

Assignment

Parallel

Other design features

reality therapy will perform by William Glasser theory

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethic committee of Islamic Azad University Branch of Torbate-jam

Street address

Torbate-jam

City

Torbate-jam

Postal code

Approval date

2011-06-22, 1390/04/01

Ethics committee reference number

11820701892027

Health conditions studied

1

Description of health condition studied

vulnerable adolescents

ICD-10 code

F92.9

ICD-10 code description

Mixed disorder of conduct and emotions, unspecified

Primary outcomes

1

Description

happiness

Timepoint

Before intervention and 2 months later

Method of measurement

oxford questionnaire

2

Description

quality of life

Timepoint

Before intervention and 2 months later

Method of measurement

WHO Quality of Life-BREF (WHOQOL-BREF)

Secondary outcomes

empty

Intervention groups

1

Description

Reality therapy will perform during two months in intervention group.

Category

Lifestyle

2

Description

No training method will perform in control group

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center

Mashhad Welfare Organization

Full name of responsible person

Tahmineh Shakib

Street address

Mashhad Welfare Organization, Between Azadi 8-10, between Shohada and Zarineh, Azadi Street, Mashhad

City

Mashhad

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Vice chancellor for research, Islamic Azad University Branch of Torbate-jam

Full name of responsible person

Mohammad Hossein Bayazi

Street address

Islamic Azad University Branch of Torbate-jam

City

Torbete-jam

Grant name

Grant code / Reference number

Is the source of funding the same sponsor

organization/entity?

Yes

Title of funding source

Vice chancellor for research, Islamic Azad University
Branch of Torbate-jam

Proportion provided by this source

100

Public or private sector

empty

Domestic or foreign origin

empty

Category of foreign source of funding

empty

Country of origin**Type of organization providing the funding**

empty

Person responsible for general inquiries**Contact****Name of organization / entity**

Mashhad University of Medical Sciences

Full name of responsible person

Peyman Hashemian

Position

Assistant Professor of Psychiatry

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Sharing plan**Deidentified Individual Participant Data Set (IPD)**

empty

Study Protocol

empty

Statistical Analysis Plan

empty

Informed Consent Form

empty

Clinical Study Report

empty

Analytic Code

empty

Data Dictionary

empty