Clinical Trial Protocol
Iranian Registry of Clinical Trials

07 Nov 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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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
Other areas of specialty/work
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Person responsible for scientific inquiries

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http://www.mums.ac.ir/sina

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