Clinical Trial Protocol
Iranian Registry of Clinical Trials

08 Nov 2026

Assisting the effectiveness of emotional intelligence training on self-efficacy, happiness and quality of life of university students

Protocol summary

Summary

This study will be done with aim to effectiveness of emotional intelligence training on self-efficacy, happiness and quality of life of university students. This study is a non blinded clinical trial. The study population will be consisted of Medical male students of Kermanshah University of Medical Sciences. A total of 45 persons will selected and randomly are divided into three groups of treatment and placebo and the control group. Before the start of teaching self-efficacy questionnaire, happiness and quality of life will be completed. The experimental group will receive emotional intelligence training weekly for 8 sessions of 1.5 hours. Placebo group, will receive a treatment except the emotional intelligence training to assess the impact of participation in the group. The control group will not receive the training, but at the end, the control group will receive this training. After emotional intelligence training and during the follow-up, self efficacy ,happiness and quality of life questionnaires will be completed again in three groups. And Self efficacy, happiness and quality of life of students will be evaluated. Inclusion criteria: Score of emotional intelligence questionnaire less than 300; Less than 58 score in Oxford happiness questionnaire; Score less than 51 on Scherer Self efficacy questionnaire; Score less than 70 on quality of life questionnaire. Exclusion criteria: psychotic symptoms; A history of drug abuse or drug dependence in current or past; Existence of suicidal thoughts and depression

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2016021714333N50**
Registration date: **2016-06-09, 1395/03/20**
Registration timing: **prospective**
Last update:
Update count: **0**

Registration date

2016-06-09, 1395/03/20

Registrant information

Name
Feizollah Foroughi
Name of organization / entity
kermanshah University of Medical Sciences
Country
Iran (Islamic Republic of)
Phone
+98 83 1821 4653
Email address
fforoughi@kums.ac.ir

Recruitment status

Recruitment complete

Funding source

Vice Chancellor for Research Affairs, Kermanshah University of Medical Sciences

Expected recruitment start date

2016-06-14, 1395/03/25

Expected recruitment end date

2016-08-20, 1395/05/30

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Assisting the effectiveness of emotional intelligence training on self-efficacy, happiness and quality of life of university students

Public title

Assessing the effectiveness of emotional intelligence training on self-efficacy, happiness and quality of life in

university students

Purpose

Health service research

Inclusion/Exclusion criteria

Inclusion criteria: Willingness to participate in sessions of emotional intelligence training; Score of emotional intelligence questionnaire less than 300; Less than 58 score in Oxford happiness questionnaire; Score less than 51 on Scherer Self efficacy questionnaire; Score less than 70 on quality of life questionnaire. Exclusion criteria: psychotic symptoms; A history of drug abuse or drug dependence in current or past; Existence of suicidal thoughts and depression; At the same time receive psychiatric treatment or psychotherapy (patients must have at least 6 months before the beginning of the study, have not received psychological treatment or medication).

Age

From **18 years** old to **40 years** old

Gender

Male

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **45**

Randomization (investigator's opinion)

Randomized

Randomization description

Blinding (investigator's opinion)

Not blinded

Blinding description

Placebo

Not used

Assignment

Parallel

Other design features

Randomly by tossing coin

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethics committee of Kermanshah University of Medical Sciences

Street address

Building No.2, Shahid Beheshti, Vice Chancellor for Research Affairs, Kermanshah University of Medical Sciences

City

Kermanshah

Postal code

Approval date

2016-05-11, 1395/02/22

Ethics committee reference number

KUMS.REC.1395.84

Health conditions studied

1

Description of health condition studied

quality of life

ICD-10 code

Z76.9

ICD-10 code description

Person encountering health services in unspecified circumstances

Primary outcomes

1

Description

Happiness

Timepoint

Baseline, the end of the study, one month after the end of the study

Method of measurement

Based on Oxford happiness questionnaire(OHI)

2

Description

Self-efficacy

Timepoint

Baseline, the end of the study, one month after the end of the study

Method of measurement

Based on General self-efficacy questionnaire(GSES)

3

Description

Quality of Life

Timepoint

Baseline, the end of the study, one month after the end of the study

Method of measurement

Based on Quality of Life questionnaire(SF-36)

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group 1: will receive emotional intelligence training weekly for 8 sessions of 1.5 hours

Category

Lifestyle

2

Description
Intervention group 2: will receive a treatment except the emotional intelligence training to assess the impact of participation in the group weekly for 8 sessions of 1.5 hours.
Category
Other

3

Description
Control group will not receive the training
Category
N/A

Recruitment centers

1

Recruitment center
Name of recruitment center
School of Medicine
Full name of responsible person
Saeid Hassanalizadeh
Street address
School of Medicine,Street of University,Shahid Shiroodi boulevard
City
Kermanshah

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Vice chancellor for research, Kermanshah University of Medical Sciences
Full name of responsible person
Koroush Hamzehee
Street address
Building No.2, Shahid Beheshti, Vice Chancellor for Research Affairs, Kermanshah University of Medical Sciences
City
Kermanshah
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, Kermanshah University of Medical Sciences
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

Person responsible for scientific inquiries

Contact
Name of organization / entity
Kermanshah University of Medical Sciences
Full name of responsible person
Dr. Aliakbar Parvizifard
Position
PhD in Counseling Psychology
Other areas of specialty/work
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School of Medicine,Street of University,Shahid Shiroodi boulevard
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Phone
+98 83 3427 4618
Fax
Email
Parvizia@yahoo.com
Web page address

Person responsible for updating data

Contact

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