Clinical Trial Protocol
Iranian Registry of Clinical Trials

08 Nov 2026

The effectiveness of positive thinking training on mental health, social adjustment, and emotional intelligence in students

Protocol summary

Study aim
Determining the effectiveness of positive thinking training on mental health, social adjustment, and emotional intelligence in students

Design
This study is a quasi-experimental/trial research with a pretest-posttest design with a control group and double-blind, which is conducted on 30 high school students (15 in each group). The allocation of samples is done by simple random method using the RAND function in Excel software; first, each participant receives an identification code and is divided into two groups of 15 based on a random number.

Settings and conduct
This study will use a field experimental research method and an extensive pre-test and post-test design. The research will be conducted on high school students in Izeh city. All participants, clinical caregivers, and evaluators who interpret the data will be kept confidential and all information will be kept anonymous.

Participants/Inclusion and exclusion criteria
Inclusion Criteria Age between 15 and 18 years. Secondary school students residing in Izeh city. Informed consent for participation in the research. Exclusion Criteria Presence of physical illnesses that may interfere with the treatment process. Use of psychiatric medications.

Intervention groups
Intervention group: Positive psychotherapy based on the educational protocol of Pour-Razavi and Hafezian (2016) is implemented in a group setting in 9 90-minute sessions, one session per week. Control group: Does not receive any intervention.

Main outcome variables
Mental health; social adjustment; emotional intelligence.

General information

Reason for update

Acronym

IRCT registration information
IRCT registration number: **IRCT20260903070900N1**
Registration date: **2026-09-07, 1405/06/16**
Registration timing: **prospective**

Last update: **2026-09-07, 1405/06/16**
Update count: **0**

Registration date
2026-09-07, 1405/06/16

Registrant information
Name
Mahtab Shavali Kouhshori
Name of organization / entity
Country
Iran (Islamic Republic of)
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mahshahvali1360@gmail.com

Recruitment status
Recruitment complete

Funding source

Expected recruitment start date
2026-09-20, 1405/06/29

Expected recruitment end date
2026-10-01, 1405/07/09

Actual recruitment start date
empty

Actual recruitment end date
empty

Trial completion date
empty

Scientific title
The effectiveness of positive thinking training on mental health, social adjustment, and emotional intelligence in students

Public title
The effectiveness of positive thinking training on mental health
Purpose
Education/Guidance
Inclusion/Exclusion criteria
Inclusion criteria:
Age between 15 and 18 years. Secondary school students residing in Izeh city. Informed consent for participation in the research.
Exclusion criteria:
Presence of physical illnesses that may interfere with the treatment process. Use of psychiatric medications.
Age
From **15 years** old to **18 years** old
Gender
Both

Phase
N/A
Groups that have been masked

- Care provider
- Outcome assessor
- Data analyser

Sample size
Target sample size: **30**
Randomization (investigator's opinion)
Randomized
Randomization description
In this study, simple randomization method is used to assign participants to two experimental and control groups. The randomization unit in this study is the second-grade high school students of Izeh city who are eligible to enter the study. First, a complete list of volunteers who have been selected based on the study entry criteria is prepared. Then, each participant is assigned a unique numerical identification code. These codes are entered into the Random Number Generator software and a random number is generated for each individual. After generating these numbers, the participants are sorted in ascending order based on the value of the random number. Then, the individuals are assigned to two groups; sequentially, the first 15 people on the list are assigned to the experimental group and the next 15 people are assigned to the control group. With this method, the order of entry into the study and the researcher's knowledge of the participants will not play any role in determining the group. The order of entry into the study and the researcher's knowledge of the participants will not play any role in determining the group. To conceal allocation, the person responsible for entering data and performing the randomization process in the software keeps the participants' identification codes confidential and separate from their other personal information. Therefore, it is not possible to predict the assigned group for each participant before the randomization process.
Blinding (investigator's opinion)
Double blinded
Blinding description
In order to control bias and improve the internal validity of the research, this study was designed with a double-blind protocol; in this way, the workshop facilitator (positivity training instructor), the outcome assessor (mental health, social adjustment, and emotional intelligence measurer), and the data analyst will be kept unaware of the assignment of students to the experimental and control groups. In this process, the outcome assessor will collect data at all stages of the pretest, posttest, and follow-up, without knowing the assigned group of the participants, in order to prevent bias in the measurement; also, all raw data will be provided to the statistical analyst with anonymous codes (such as groups 1 and 2), and the true nature of the groups will not be revealed until the end of the data analysis process. All allocation steps will be performed by an independent person from the research team, and the decoding of the allocation codes will only be done after the final completion of the statistical analyses.
Placebo
Not used
Assignment
Parallel
Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee
Name of ethics committee
Behbahan Islamic Azad University Ethics Committee
Street address
Shahid Bayani St., Amir Kabir Blvd.
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Province
Khouzestan
Postal code
6361713198
Approval date
2026-08-28, 1405/06/06
Ethics committee reference number
IR.IAU.BEHBAHAN.REC.1405.249

Health conditions studied

1

Description of health condition studied
Mental health of students
ICD-10 code
ICD-10 code description

Primary outcomes

1

Description

Mental health

Timepoint

before performing the intervention and two weeks after completion of the intervention

Method of measurement

Goldenberg Mental Health Questionnaire (1972)

2

Description

Social adaptation

Timepoint

before performing the intervention and two weeks after completion of the intervention

Method of measurement

Sinha Social Adjustment Questionnaire (1993)

3

Description

Emotional intelligence

Timepoint

before performing the intervention and two weeks after completion of the intervention

Method of measurement

Schott Emotional Intelligence Questionnaire (1998)

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: The positivity training sessions will be based on the training protocol designed by Pour-Razavi and Hafezian (2016). The sessions of this intervention will be conducted in groups for the experimental group in 9 sessions of 90 minutes, one session per week. Positivity training is an approach that aims to strengthen hope, cultivate positive thinking, increase individuals' ability to identify and replace negative thoughts, modify beliefs and attitudes, strengthen the source of control, set goals, and promote mental peace through prayer, supplication, and trust, helping students to use more constructive thought and behavioral patterns when facing life's problems and challenges. This training program has the following main themes: In the first session, members are introduced to the training course, the researcher, each other, and the rules of the sessions; the course objectives are stated, a general discussion about positivity is held, a pre-test is administered, and the basic concept of hope is examined. In the second session, the concept of hope and its components, the characteristics of hopeful people, and the difference between hope and wish are examined. In the third session, the concept of positivity, positive and negative thinking, signs of positive thinking, methods of learning positive and negative thinking, and how to identify positive thinking are taught. In the fourth session, the topic of being positive is pursued through rethinking thoughts, reviewing documentation related to thoughts, realism, changing mental images, using simple language, using positive affirmations, revising beliefs, and replacing negative thoughts with positive thoughts. In the fifth session, the concept of locus of control, internal and external control abilities of people appropriate to different situations, and the attributions of people in different situations of life are examined. In the sixth session, the role of having a goal in life and the most important characteristics of a goal are examined and analyzed. In the seventh session, participants are introduced to the concepts of task orientation, goal orientation, and duty orientation. In the eighth session, the importance of prayer and supplication in positive thinking and peace and the psychological effects of prayer are examined. In the ninth session, the importance of trusting in God in facing problems and the effects of trusting in God are discussed. The main emphasis of this educational program is to strengthen a positive attitude, increase hope, correct negative thought patterns, promote purposefulness and help students to face life's problems and problems more constructively.

Category

Behavior

2

Description

Control group: They do not receive any intervention or treatment.

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center

Sediqeh Kobri Secondary Secondary High School

Full name of responsible person

Mahtab Shavali Kouhshori

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opposite the central warehouse of Jihad Sazandagi, Shahid Bakhtiari Boulevard.

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity
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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
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
Full name of responsible person
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Master's student
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Person responsible for updating data

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Sharing plan

Deidentified Individual Participant Data Set (IPD)
No - There is not a plan to make this available

Justification/reason for indecision/not sharing IPD

Participant data is completely confidential and I do not intend to publish it.

Study Protocol

Undecided - It is not yet known if there will be a plan to make this available

Statistical Analysis Plan

No - There is not 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

No - There is not a plan to make this available

Data Dictionary

No - There is not a plan to make this available