

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

10 Jun 2026

### Assising 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

Assising 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

KUMS.REC.1395.84

## 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

## 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

##### Street address

School of Medicine, Street of University, Shahid Shiroodi boulevard

##### City

Kermanshah

##### Postal code

##### 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