

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

10 Jun 2026

### Effectiveness of motivational interviewing on reducing psychopathological symptoms, increasing self-esteem, and quality of life in women with HIV in Tabriz

#### Protocol summary

##### Study aim

1. Examining the Effectiveness of Motivational Interviewing on Quality of Life in Women with HIV in Tabriz
2. Examining the Effectiveness of Motivational Interviewing on Self-Esteem in Women with HIV in Tabriz
3. Examining the Effectiveness of Motivational Interviewing on Reducing Psychopathological Symptoms in Women with HIV in Tabriz

##### Design

quasi-experimental pretest-posttest control group design

##### Settings and conduct

This study will be a quasi-experimental study with a pretest-posttest design with a control group that will be conducted on 32 HIV-infected women referring to the Tabriz Behavioral Diseases Counseling Center. Participants will be randomly divided into two experimental and control groups. The experimental group will be received 5 sessions of motivational interviewing, while the control group continued with usual care only. Assessments will be conducted in three stages: pretest, posttest, and 3-month follow-up.

##### Participants/Inclusion and exclusion criteria

Confirmed HIV diagnosis through clinical tests. No concurrent psychological treatments were allowed during the study period. Aged 18 years or older. Female gender. Minimum literacy skills (ability to read and write).

##### Intervention groups

Intervention group (n = 16): Receives motivational interviewing.

##### Main outcome variables

Quality of Life Self-Esteem Psychopathological Symptoms

#### General information

##### Reason for update

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT20190924044866N2**

Registration date: **2025-07-15, 1404/04/24**

Registration timing: **prospective**

Last update: **2025-07-15, 1404/04/24**

Update count: **0**

##### Registration date

2025-07-15, 1404/04/24

##### Registrant information

###### Name

Ali Asgharzade

###### Name of organization / entity

###### Country

Iran (Islamic Republic of)

###### Phone

+98 21 6649 2712

###### Email address

ali.asgharzadeh72@gmail.com

##### Recruitment status

**Recruitment complete**

##### Funding source

##### Expected recruitment start date

2025-09-23, 1404/07/01

##### Expected recruitment end date

2025-12-22, 1404/10/01

##### Actual recruitment start date

empty

##### Actual recruitment end date

empty

##### Trial completion date

empty

##### Scientific title

Effectiveness of motivational interviewing on reducing psychopathological symptoms, increasing self-esteem, and quality of life in women with HIV in Tabriz

## Public title

The Effectiveness of Motivational Interviewing on HIV

## Purpose

Treatment

## Inclusion/Exclusion criteria

### Inclusion criteria:

Confirmed HIV diagnosis through clinical tests. No concurrent psychological treatments during the study period Aged 18 years or older Female gender Minimum literacy skills (ability to read and write)

### Exclusion criteria:

Not applicable in this study

## Age

From **18 years** old

## Gender

Female

## Phase

N/A

## Groups that have been masked

*No information*

## Sample size

Target sample size: **32**

## Randomization (investigator's opinion)

Not randomized

## Randomization description

## Blinding (investigator's opinion)

Not blinded

## Blinding description

## Placebo

Not used

## Assignment

Parallel

## Other design features

## Secondary Ids

empty

## Ethics committees

### 1

#### Ethics committee

##### Name of ethics committee

Research Ethics Committee of Tabriz University of Medical Sciences

##### Street address

Tabriz - El Goli Road, Razi Educational and Medical Center

##### City

Tabriz

##### Province

East Azarbaijan

##### Postal code

5167846184

#### Approval date

2024-08-19, 1403/05/29

#### Ethics committee reference number

IR.TBZMED.REC.1403.407

## Health conditions studied

### 1

#### Description of health condition studied

HIV

#### ICD-10 code

B20

#### ICD-10 code description

Human immunodeficiency virus [HIV] disease

## Primary outcomes

### 1

#### Description

Quality of life

#### Timepoint

before intervention, after intervention and 3 month follow up

#### Method of measurement

World Health Organization Quality of Life Instrument - Short Form

### 2

#### Description

self-esteem

#### Timepoint

before intervention, after intervention and 3 month follow up

#### Method of measurement

Eysenck Self-Esteem Test

### 3

#### Description

psychopathological symptoms

#### Timepoint

before intervention, after intervention and 3 month follow up

#### Method of measurement

General Health Questionnaire, Cross-Symptom Measurement Scale

## Secondary outcomes

empty

## Intervention groups

### 1

#### Description

Intervention group: Participants in the intervention group (n = 16) will receive five individual motivational interviewing (MI) sessions, each lasting 60 minutes. These sessions will employ evidence-based MI techniques—including change talk, reflective listening, and goal-setting strategies—to enhance intrinsic motivation and facilitate behavioral change. Standardized assessment tools will be administered to evaluate

outcomes, and sessions will be audio-recorded (with participant consent) to ensure treatment fidelity. All procedures will adhere to ethical guidelines, including informed consent and data confidentiality.

**Category**

Treatment - Other

**2****Description**

Control group: Includes (n=16) who will not receive any intervention. It should be noted that pre-test, post-test, and follow-up assessments will be conducted

**Category**

N/A

**Recruitment centers****1****Recruitment center****Name of recruitment center**

Behavioral Diseases Counseling Center in Tabriz

**Full name of responsible person**

Ali Asgharzadeh

**Street address**

El Goli Road, Razi Educational and Medical Center

**City**

TABRIZ

**Province**

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**Postal code**

5167846184

**Phone**

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**Email**

ali.asgharzadeh72@gmail.com

**Sponsors / Funding sources****1****Sponsor****Name of organization / entity**

Tabriz University of Medical Sciences

**Full name of responsible person**

Khosro Adibkia: (Vice Chancellor for Research (VCR) of Tabriz University of Medical Sciences)

**Street address**

International Relations Office, No 2 Central Building, Tabriz University of Medical Sciences, University Street, Tabriz, , Iran

**City**

Tabriz

**Province**

East Azarbaijan

**Postal code**

5165665931

**Phone**

+98 41 3334 4280

**Email**

ali.asgharzadeh72@gmail.com

**Grant name****Grant code / Reference number****Is the source of funding the same sponsor organization/entity?**

No

**Title of funding source**

Vice Chancellor for Research (VCR) of Tabriz University of Medical Sciences

**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**

Tabriz University of Medical Sciences

**Full name of responsible person**

Ali Asgharzadeh

**Position**

Assistant professor

**Latest degree**

Ph.D.

**Other areas of specialty/work**

Psychology

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

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

**Study Protocol**

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

**Statistical Analysis Plan**

Not applicable

**Informed Consent Form**

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

**Clinical Study Report**

Not applicable

**Analytic Code**

Not applicable

**Data Dictionary**

Not applicable