Clinical Trial Protocol
Iranian Registry of Clinical Trials

22 Nov 2026

The effectiveness of a psychological package based on positive psychology on social adjustment, self-esteem, and self-control

Protocol summary

Study aim
Determining the effectiveness of a psychological package based on positive psychology on social adjustment, self-esteem, and self-control in sixth grade elementary school students

Design
A controlled, double-blind, randomized, phase 2 clinical trial with parallel groups on 30 sixth grade elementary school students. The rand function of Excel software was used for randomization.

Settings and conduct
This research will use a field experimental research method and a large-scale pre-test and post-test design. The research will be conducted in elementary schools in Baghmalek city. All participants, intervention implementers, and evaluators who interpret the data, and all information will be kept confidential and an abbreviation will be used for the participants.

Participants/Inclusion and exclusion criteria
Inclusion Criteria: Participants must be at least 11 and at most 12 years old. Participants must be sixth-grade students in Bagh-e Malek County. The participants and their parents must provide informed consent to participate in the study. Exclusion Criteria: Having physical illnesses that could interfere with the treatment process. Taking psychiatric medications.

Intervention groups
Intervention group: Positive psychology-based intervention based on the Ebrahimi psychological package is implemented in 8 60-minute sessions, one session per week, in a group setting for sixth grade elementary school students. Control group: They do not receive any intervention during the research period.

Main outcome variables
Social adjustment; self-esteem; self-control.

General information

Reason for update

Acronym

IRCT registration information
IRCT registration number: **IRCT20260830070843N1**
Registration date: **2026-09-05, 1405/06/14**
Registration timing: **prospective**

Last update: **2026-09-05, 1405/06/14**
Update count: **0**

Registration date
2026-09-05, 1405/06/14

Registrant information

Name
Hamid Savari
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Recruitment status
Recruitment complete

Funding source

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

Expected recruitment end date
2026-10-06, 1405/07/14

Actual recruitment start date
empty

Actual recruitment end date
empty

Trial completion date
empty

Scientific title
The effectiveness of a psychological package based on positive psychology on social adjustment, self-esteem, and self-control

Public title
The effectiveness of a psychological package based on positive psychology
Purpose
Education/Guidance
Inclusion/Exclusion criteria
Inclusion criteria:
Participants must be at least 11 and at most 12 years old. Participants must be sixth-grade students in Bagh-e Malek County. The participants and their parents must provide informed consent to participate in the study.
Exclusion criteria:
Having physical illnesses that could interfere with the treatment process. Taking psychiatric medications.
Age
From **11 years** old to **12 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, a simple randomization method is used to assign participants to two experimental groups (psychological intervention based on positive psychology) and control groups. The randomization unit in this study is sixth grade elementary school students in Baghmalek city schools who are eligible to enter the study. First, a complete list of volunteer students who have been screened and selected based on entry and exit 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 students 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, the school they attend, and the researcher's knowledge of the students will not play any role in determining the group. To conceal allocation, the person responsible for recording data and implementing the randomization process in the software will be completely independent of the researcher conducting the intervention and the evaluators of the questionnaires (social adjustment, self-esteem, and self-control) and will not have the possibility of knowing the process of implementing the sessions or interfering with the allocation of subjects. Also, the identification codes of the students will be kept confidential and separate from their identity details; therefore, the possibility of prediction or bias in assigning each participant to a group before the randomization process is implemented is minimized and fully controlled.
Blinding (investigator's opinion)
Double blinded
Blinding description
In order to control bias and improve the internal validity of the study, this study was designed with a double-blind protocol; in this way, the outcome assessor (responsible for administering the social adjustment, self-esteem, and self-control questionnaires) and the data analyst will be kept unaware of the allocation of sixth-grade elementary school 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 whether the subjects were members of the positive intervention group or the control group, in order to prevent any 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.
City
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Khouzestan
Postal code
6361713198
Approval date
2026-07-20, 1405/04/29
Ethics committee reference number
IR.IAU.BEHBAHAN.REC.1405.181

Health conditions studied

1

Description of health condition studied
Psychological problems in students

ICD-10 code
ICD-10 code description

Primary outcomes

1

Description
Social adaptation
Timepoint
before performing the intervention and two weeks after completion of the intervention
Method of measurement
Sinha and Singh Student Adaptation Questionnaire (1993)

2

Description
Self-esteem
Timepoint
Before performing the intervention and two weeks after completion of the intervention
Method of measurement
Cooper Smith Self-Esteem Questionnaire (1967)

3

Description
Self-control
Timepoint
Before performing the intervention and two weeks after completion of the intervention
Method of measurement
Tangi Self-Control Questionnaire (2004)

Secondary outcomes

empty

Intervention groups

1

Description
Intervention group: The intervention sessions based on positive psychology will be based on the psychological package designed by Ebrahimi (1402). The sessions of this intervention will be implemented in 8 60-minute sessions (one session per week) in a group for the experimental group of sixth grade elementary school students. Positive psychology is an approach that aims to identify and develop capabilities, cultivate positive emotions, and create a hopeful outlook on life, helping students to effectively manage their reactions to stressful academic and social situations by focusing on internal resources, promoting self-acceptance, and improving the quality of interpersonal communication. This approach has main educational themes that lead to the promotion of social adaptation, self-esteem, and improved self-control; these themes include: introducing and familiarizing with positive psychology, establishing a therapeutic relationship and mutual trust, introducing oneself, and implementing mindfulness exercises in the first session; Identifying personal strengths, implementing activities to identify capabilities and sharing them with the group in the second session; increasing the level of hope and strengthening belief in a positive future in the third session; cultivating happiness, enjoying the present moment, increasing the feeling of vitality and practicing mindful enjoyment in the fourth session; explaining the meaning of life and identifying sources of purpose and value in the fifth session; developing positive relationships and improving social relationships and interactions with peers in the sixth session; strengthening self-efficacy, promoting self-esteem and increasing belief in individual abilities in the seventh session; and finally, summarizing, consolidating learning and writing a personal action plan in the eighth session. The main emphasis of this program is to direct students' attention from negative thoughts and experiences to recognizing potential capabilities, promoting internal control and shaping constructive social interactions.
Category
Behavior

2

Description
Control group: hey do not receive any intervention or treatment.
Category
N/A

Recruitment centers

1

Recruitment center
Name of recruitment center
17 Shahrivar Elementary School
Full name of responsible person
Hamid Savari
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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, Behbahan Branch

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
Hamid Savari
Position
Master's student
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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