

Clinical Trial Protocol

Iranian Registry of Clinical Trials

17 Sep 2026

The effect of self-awareness training on health locus of control among orphaned adolescents based on social cognitive theory

Protocol summary

Summary

Objective: The aim of study will be evaluate the effect of education on health locus of control theory-based self-awareness skills for orphaned adolescents is Gachsaran.

Design: This semi-experimental randomized controlled study will be done on 72 individuals divided in to an intervention and a control group. All these 72 subjects (36 boys and 36 girls; 18 girls and 18 boys in both intervention and control groups). will be selected from 145 eligible orphaned adolescents. Setting And Conduct: The educational intervention will be held five sessions. The data will be collected by using self-awareness questionnaire, self-efficacy questionnaire and Multidimensional Health Locus of Control (MHLC) scale. Then, the data will be analyzed using the SPSS statistical software, version 19. Inclusion Criteria Of The Study: orphaned adolescents covered by the Imam Khomeini Relief Committee, who live with their mothers: Interests of individuals to participate in the study: The presence and continuous training of students in the program: having at least secondary school education. Exclusion Criteria Of The Study: youth training sessions have been held, more than one session to be absent: teens who do not participate in the pre-test or any of the tests: unwillingness to continue the study. Intervention: Intervention in this study, is an educational intervention that self-awareness skills during five sessions for the participants. Main Outcom Measures(Variables): Component self-awareness skills, self-efficacy, health locus of control will be investigated.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2013101515015N3**

Registration date: **2016-02-21, 1394/12/02**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2016-02-21, 1394/12/02

Registrant information

Name

Leila Ghahremani

Name of organization / entity

Shiraz University of Medical Sciences

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Recruitment status

Recruitment complete

Funding source

Vice Chancellor for Research, Shiraz University of Medical Sciences, Zand Street, Shiraz, Fars.

Expected recruitment start date

2014-11-23, 1393/09/02

Expected recruitment end date

2015-02-21, 1393/12/02

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of self-awareness training on health locus of control among orphaned adolescents based on social cognitive theory

Public title

The effect of self-awareness training on health locus of control

Purpose

Health service research

Inclusion/Exclusion criteria

Inclusion criteria of the study: orphaned adolescents covered by the Imam Khomeini Relief Committee; who live with their mothers: Interests of individuals to participate in the study: The presence and continuous training of students in the program: having at least secondary school education. Exclusion criteria of the study: youth training sessions have been held; more than one session to be absent: teens who do not participate in the pre-test or any of the tests: unwillingness to continue the study.

Age

From **12 years** old to **18 years** old

Gender

Both

Phase

2

Groups that have been masked

No information

Sample size

Target sample size: **145**

Randomization (investigator's opinion)

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

Ethics Committee of Shiraz University of Medical Sciences

Street address

Ethics Committee of Shiraz University of Medical Sciences, Shiraz University of Medical Sciences, Zand Street, Shiraz, Fars

City

Shiraz

Postal code

713451978

Approval date

2014-11-22, 1393/09/01

Ethics committee reference number

93-7217

Health conditions studied

1

Description of health condition studied

Multidimensional Health Locus of Control

ICD-10 code

Z40, Z54

ICD-10 code description

Persons encountering health services for specific procedures and health care

Primary outcomes

1

Description

Self-Efficacy

Timepoint

Pretest, first posttest, and second posttest

Method of measurement

Questionnaire

2

Description

Chance Health Locus of Control

Timepoint

Pretest, first posttest, and second posttest

Method of measurement

Questionnaire

3

Description

Internal Health Locus of Control

Timepoint

Pretest, first posttest, and second posttest

Method of measurement

Questionnaire

4

Description

Powerful Others Health Locus of Control

Timepoint

Pretest, first posttest, and second posttest

Method of measurement

Questionnaire

Secondary outcomes

1

Description

Self-Awareness

Timepoint

pretest, first posttest, and second posttest

Method of measurement

Questionnaire

Intervention groups

1

Description

Training classes with painting were conducted for girls and boys separately in five 120-minute sessions. In each session, some designed personal questions were primarily asked regarding the educational objectives and then, the subjects of the lessons were taught.

Category

Lifestyle

2

Description

the control group do not received any training.

Category

Lifestyle

Recruitment centers

1

Recruitment center

Name of recruitment center

Imam Khomeini Relief Foundation

Full name of responsible person

Farshad Sadeghi Respaonsible Part Of The Orphans

Street address

Imam Khomeini Relief Foundation, Gachsaran,
Kohgeloeyeh Va Boyr Ahmad.

City

Gachsaran

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Vice chancellor for research, SHiraz University of
Medical Sciences

Full name of responsible person

Dr Seed Baser Hashemi Vice chancellor for research,
SHiraz University of Medical Sciences.

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Vice Chancellor for Research, Shiraz University of
Medical Sciences, Zand Street, Shiraz, Fars.

City

Shiraz

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, SHiraz 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

Name of organization / entity

Shiraz University of Medical Sciences

Full name of responsible person

Dr Leila Ghahramani

Position

Assistant Professor in Health Education, Dept.of
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Other areas of specialty/work

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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