Clinical Trial Protocol
Iranian Registry of Clinical Trials

16 Sep 2026

The effect of body image concern educational intervention on girl student’s self –steam in governmental high school of shiraz city : the application of theory of self-efficacy

Protocol summary

Summary

Aim of This study is to investigate the effect of an educational program regarding body image concern on self-esteem of female students using self-efficacy theory and the 8-step Cash’smodel. The participants will select using multi-step random cluster sampling. In the first step, the 4 educational districts of Shiraz were allocate to 2 clusters because of socioeconomic similarity. Then, one district from each cluster was randomly select. In the next step, two high schools will randomly select from each selected district. The selected high schools in district will randomly assign to an intervention and a control group. Eventually 80 student for control group and 80 students for intervention group inter to study. Interventional program conduct in 6 session for intervention group. and each session takes 45 minutes. For evaluation of effect of educational intervention we use Littleton Body Image Concern Inventory questionnaire, Rosenberg's Self-Esteem Scale at the three different period time , before intervention, 1 week after intervention and 6 week after intervention.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2015120815015N13**
Registration date: **2016-03-07, 1394/12/17**
Registration timing: **registered_while_recruiting**

Last update:
Update count: **0**

Registration date

2016-03-07, 1394/12/17

Registrant information

Name
Leila Ghahremani
Name of organization / entity
Shiraz University of Medical Sciences
Country
Iran (Islamic Republic of)
Phone
+98 71 1725 1001
Email address
ghahramanl@sums.ac.ir

Recruitment status

Recruitment complete

Funding source

Shiraz University of Medical Sciences

Expected recruitment start date

2015-12-21, 1394/09/30

Expected recruitment end date

2016-03-15, 1394/12/25

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of body image concern educational intervention on girl student’s self –steam in governmental high school of shiraz city : the application of theory of self-efficacy

Public title

The effect of body image concern educational intervention on girl student’s self –steam in governmental high school of shiraz city : the application of theory of self-efficacy

Purpose

Prevention

Inclusion/Exclusion criteria

inclusion criteria : Students of second grade of high schoolin Shiraz in the academic year 2014-2015; continuously participating in the educational program ; being willing to cooperate in the study. exclusion criteria : students that they participate in the pre-test but not in the post-test.

Age
From **12 years** old to **15 years** old

Gender
Female

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **80**

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
Shiraz Uneversity of Medical Science

Street address
Zand Street, Shiraz

City
Shiraz

Postal code
713451978

Approval date
2015-05-17, 1394/02/27

Ethics committee reference number
ir.sums.rec.1394.26

Health conditions studied

1

Description of health condition studied
body image concern- self esteem

ICD-10 code
F 88

ICD-10 code description
Other disorders of psychological development

Primary outcomes

1

Description
self esteem

Timepoint
3

Method of measurement
questionare

Secondary outcomes

empty

Intervention groups

1

Description
Body image education conduct in 6 session for intervention group. and each session takes 45 minutes

Category
Other

2

Description
NO intervention for control group

Category
N/A

Recruitment centers

1

Recruitment center

Name of recruitment center
schools

Full name of responsible person
Nahid Hemmati

Street address

City
Shiraz

Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Shiraz Uneversity of Medical Science

Full name of responsible person
Dr Hashemi

Street address
Zand street,Shiraz

City
Shiraz

Grant name

Grant code / Reference number

Is the source of funding the same sponsor organization/entity?

Yes

Title of funding source

Shiraz Uneversity of Medical Science

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

Full name of responsible person

Nahid Hemmati

Position

Master Science Student of Health Education

Other areas of specialty/work

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Person responsible for scientific inquiries

Contact

Name of organization / entity

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Dr Lila Ghahramani

Position

Assitant Philosofer of Health Education

Other areas of specialty/work

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Person responsible for updating data

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Student

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aslami_epid@yahoo.com

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Web page address

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