

Clinical Trial Protocol

Iranian Registry of Clinical Trials

19 Jun 2026

The effect of Web-based anger-management program on the mother-female adolescents' conflicts

Protocol summary

Summary

Objectives: the aim of this study is to assess the effect of web-based anger management program on mother-female adolescents' conflict. Design: this cluster randomized control trial was performed in 8 high-schools in District Two of Shiraz, Iran, schools were randomly divided into control and intervention groups. 140 female adolescents in the third-grade participated in this study. Conflict tactics scale was completed by participants. This study is two-blinded. Setting: public girl secondary schools in district two of Shiraz, Iran. Participants: study population included the entire female students in the third grade of secondary school in District Two of Shiraz. Intervention: Eight sessions of anger management intervention in web page and discussion in web chat rooms on a weekly basis was performed. Main outcome: Female adolescents' level of conflict with their mothers was assessed before, immediately, and a month after the intervention.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2015072123279N1**

Registration date: **2015-08-23, 1394/06/01**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2015-08-23, 1394/06/01

Registrant information

Name

Shahrzad Yektatalab

Name of organization / entity

Shiraz University of Medical Sciences

Country

Iran (Islamic Republic of)

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+98 71 3647 4254

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yektash@sums.ac.ir

Recruitment status

Recruitment complete

Funding source

Shiraz University of Medical Sciences

Expected recruitment start date

2012-03-20, 1391/01/01

Expected recruitment end date

2014-03-21, 1393/01/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of Web-based anger-management program on the mother-female adolescents' conflicts

Public title

The effect of Web-based anger-management program on the mother-female adolescents' conflicts

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria: being 13 and 15 years old third-grade of secondary school student of a public school in District Two of Shiraz; having access and being able to use computer and Internet; living with both parents.

Exclusion criteria: irregular participation in the treatment sessions; suffering from intellectual disability, psychosis, or chronic emotional or physical disorders; experiencing a stressful event in the duration of the study.

Age

From **13 years** old to **15 years** old

Gender

Female

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **140**

Randomization (investigator's opinion)

Randomized

Randomization description

Blinding (investigator's opinion)

Double blinded

Blinding description

Placebo

Not used

Assignment

Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Shiraz Uuniversity of Medical Sciences

Street address

Zand street, Shiraz Uuniversity of Medical Sciences

City

Shiraz

Postal code

7193613119

Approval date

2013-05-12, 1392/02/22

Ethics committee reference number

CT-92-6526

Health conditions studied

1

Description of health condition studied

Problems in relationship with parents

ICD-10 code

z63.9

ICD-10 code description

Problem related to primary support group, unspecified

Primary outcomes

1

Description

parent adolescent conflict

Timepoint

Before intervention, after intervention and one month after intervention follow up

Method of measurement

Conflict Tactics Scales

Secondary outcomes

empty

Intervention groups

1

Description

Control group: The adolescents in the control group did no receive any intervention during study period.

Category

N/A

2

Description

Intervention group:The web based anger management program was implemented in 8 sessions. the adolescents were gradually presented with the educational material on cognitive behavioral anger management, which included: aspects of anger, the role of thoughts, Jacobson's progressive muscle relaxation, confidence and determination and problem solving techniques. The participants had to study the provided material, do the assignments and practical exercises. If they had any problem or question so that they could be discussed in group interaction sessions. Group interaction(5-8 members)was performed in the chat room during sessions, each lasting from 90 to 120 minutes. The participants would discuss the educational material, adolescents' related experiences and the various aspects of their own conflicts with their mothers among themselves and with the researcher.

Category

Behavior

Recruitment centers

1

Recruitment center

Name of recruitment center

Department of Secondary Education district two

Full name of responsible person

Mr Reza Zare

Street address

Ordibehesht street, Department of secondary education district two

City

Shiraz

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Shiraz University of Medical Sciences

Full name of responsible person

Basir Hashemi

Street address

Zand street, Shiraz University of Medical Sciences

City

Shiraz

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

Yes

Title of funding source

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

shahrazad yektatalab

Position

Assistant professor

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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*