

# 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)

##### Phone

+98 71 3647 4254

##### Email address

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**

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**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*