

Clinical Trial Protocol

Iranian Registry of Clinical Trials

08 Jun 2026

Assessment the effect of group consulting on body image coping strategy among secondary school girls

Protocol summary

Summary

The two-group randomized control trial study, which aimed to evaluate the effectiveness of consulting on n body image coping strategy among secondary school girls. The study population will comprise secondary school girls. A sample of 60 students who met the inclusion criteria has been calculated. Inclusion criteria with block randomization placed in one of intervention and control groups. The intervention group perceive 4 weekly sessions of group counseling. Before and after the intervention and 14 days after the last sessions, the student 's body image and coping strategy to be measured by questionnaire.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2017052927557N5**

Registration date: **2017-06-27, 1396/04/06**

Registration timing: **registered_while_recruiting**

Last update:

Update count: **0**

Registration date

2017-06-27, 1396/04/06

Registrant information

Name

Mahnaz Akbari Kamrani

Name of organization / entity

Alborz University of Medical Sciences

Country

Iran (Islamic Republic of)

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Email address

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Recruitment status

Recruitment complete

Funding source

Alborz University of Medical Sciences

Expected recruitment start date

2017-04-03, 1396/01/14

Expected recruitment end date

2017-07-21, 1396/04/30

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Assessment the effect of group consulting on body image coping strategy among secondary school girls

Public title

Assessment the effect of group consulting on body image coping strategy among secondary school girls

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria: being 15-18 years old; absence of acute and chronic diseases; absence of physical disability; not having acute family problems; living with both parents; having parental consent letter. Exclusion criteria: not being interested to continue the study.

Age

From **15 years** old to **18 years** old

Gender

Female

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **60**

Randomization (investigator's opinion)

Randomized

Randomization description**Blinding (investigator's opinion)**

Single blinded

Blinding description**Placebo**

Not used

Assignment

Parallel

Other design features**Secondary Ids**

empty

Ethics committees

1

Ethics committee**Name of ethics committee**

Alborz University of Medical Sciences

Street address

Department of Midwifery., Alborz University of
Medical Science., Eshteraki St., Baghestan Blv

City

Karaj

Postal code

561-31452

Approval date

2017-03-04, 1395/12/14

Ethics committee reference number

Abzums.Rec.1395.148

Health conditions studied

1

Description of health condition studied

body image coping strategy

ICD-10 code

F98

ICD-10 code description

Other behavioural and emotional disorders with onset
usually occurring in childhood and adolescence

Primary outcomes

1

Description

Body image

Timepoint

Before and after intervention, 2 weeks after the end of
intervention

Method of measurement

MBSRQ questionnaire

Secondary outcomes

1

Description

Coping strategy

Timepoint

Before and after intervention, 2 weeks after the end of
intervention

Method of measurement

BICSI questionnaire

Intervention groups

1

Description

Counseling group receive 4 sessions counseling
intervention.

Category

Behavior

2

Description

Control group won't receive any intervention during
study. They will receive an evidence based booklet after
the study.

Category

Behavior

Recruitment centers

1

Recruitment center**Name of recruitment center**

Karaj Department of Education

Full name of responsible person

Najla Irani

Street address

Beside Meli Bank., Kharkhane Ghand St

City

Karaj

Sponsors / Funding sources

1

Sponsor**Name of organization / entity**

Alborz University of Medical Sciences

Full name of responsible person

Dr. Mohammad Noorisepehr

Street address

Research & Technology Office., Alborz University of
Medical Science., Yasamin St., Poneh St., - Golshahr
BLV

City

Karaj

Grant name**Grant code / Reference number**

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

Yes

Title of funding source

Alborz 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

Alborz University of Medical Sciences

Full name of responsible person

Najla Irani

Position

Student

Other areas of specialty/work

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Person responsible for scientific inquiries

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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