Clinical Trial Protocol
Iranian Registry of Clinical Trials

16 Sep 2026

The effect of education based on the theory of planned behavior with the use of digital media on academic stress management students

Protocol summary

Summary

The aim of this study is to determine the effect of education based on the theory of planned behavior with the use of digital media in order to control students' academic stress. 180 students will be selected based on inclusion and exclusion. 90 students will be in the intervention group and 90 students will be in the control group. Students will be divided into two groups by lottery. Selected samples should have access to the Internet and have the ability to work with cell phones and computers. An educational intervention in the intervention group will be conducted for a maximum of one month, with emphasis on the influential structures of the theory and using digital media such as blogs, social networks, etc. There will be no intervention in the control group. Data collection tool is a demographic questionnaire and Gadzella's Academic Stress questionnaire and also Researcher-made questionnaire based on the theory of planned behavior that is completed by the research units before, immediately and three months after the intervention. The initial outcome of the study is academic stress and the secondary outcome is the structures of the theory of planned behavior.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2016120628529N4**
Registration date: **2017-07-25, 1396/05/03**
Registration timing: **retrospective**

Last update:
Update count: **0**

Registration date

2017-07-25, 1396/05/03

Registrant information

Name
Hadi Tehrani
Name of organization / entity
Country
Iran (Islamic Republic of)
Phone
+98 51 3853 8530
Email address
tehranih@mums.ac.ir

Recruitment status

Recruitment complete

Funding source

Mashhad University of Medical Sciences

Expected recruitment start date

2016-12-21, 1395/10/01

Expected recruitment end date

2017-02-19, 1395/12/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of education based on the theory of planned behavior with the use of digital media on academic stress management students

Public title

The effect of education on students' academic stress management

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria: Student at the university who divided into three sections (BS, MS, Ph.D.); Student satisfaction; Having smart phone and computer; Ability to work with cell phones and computers; Internet access; Lack of

mental illness Exclusion criteria: lack of desire to continue to participate in the study

Age
No age limit

Gender
Both

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **180**

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 Mashhad University of Medical Sciences

Street address
Vice chancellor for research, Qoreishi Building, Daneshgah 18, Daneshgah Street

City
Mashhad

Postal code

Approval date
2016-10-26, 1395/08/05

Ethics committee reference number
IR . MUMS . REC . 1395 . 485

Health conditions studied

1

Description of health condition studied
stress

ICD-10 code
F43

ICD-10 code description
Reaction to severe stress, and adjustment disorders

Primary outcomes

1

Description
Mental health

Timepoint
Before intervention,Immediately and 3 months after the intervention

Method of measurement
questionnaire

Secondary outcomes

1

Description
Attitude

Timepoint
Before intervention,Immediately and 3 months after the intervention

Method of measurement
questionnaire

2

Description
Subjective norms

Timepoint
Before intervention,Immediately and 3 months after the intervention

Method of measurement
questionnaire

3

Description
Perceived behavioral control

Timepoint
Before intervention,Immediately and 3 months after the intervention

Method of measurement
questionnaire

Intervention groups

1

Description
For the intervention group, educational content with emphasis on effective structures of theory of planned behavior using digital media such as blogs, social networks, etc., is performed for a maximum of one month.

Category
Behavior

2

Description
No intervention was done for control group.

Category
Other

Recruitment centers

1

Recruitment center
Name of recruitment center
Ferdowsi University of Mashhad
Full name of responsible person
Mahdi HaselTalabShoorche
Street address
Ferdowsi University of Mashhad, Azadi Square
City
Mashhad

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Vice chancellor for research, Mashhad University of Medical Sciences
Full name of responsible person
Dr Mohsen Tafaghodi
Street address
Vice President of Research, Qoreishi Building, Daneshgah 18, Daneshgah Street
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Mashhad
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, Mashhad 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
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Dr.Hadi Tehrani
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Person responsible for updating data

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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