

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

09 Jul 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

**City**

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**

Mashhad University of Medical Sciences

**Full name of responsible person**

Dr.Hadi Tehrani

**Position**

Assistance Professor of Health Education and Health Promotion

**Other areas of specialty/work**

**Street address**

School of Public Health, between 16th and 18th

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## Person responsible for scientific inquiries

### Contact

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## Person responsible for updating data

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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*