

Clinical Trial Protocol

Iranian Registry of Clinical Trials

16 Sep 2026

Bibliotherapy for Primary School Students Affected by Earthquake: a Randomized Controlled Trial

Protocol summary

Summary

This trial aims to measure the effect of bibliotherapy on anxiety score of students who have experienced earthquakes. Among the students who have experienced 2012 East Azerbaijan earthquakes (Magnitude: 6.4 Mw, 6.3 Mw, we will include 24 students who have an anxiety score greater than 20. The students will be randomly assigned into two bibliotherapy or waitlist. The students in Bibliotherapy group will receive bibliography and a librarian will disseminate the books among the students to read them one week before the discussion/conclusion session (12 weekly 1-hour session during 3 months). The books will be selected from Parirokh and Majdi's list (ISBN 978-600-5489-14-9) related to treating fear via courage. Participants in Waitlist group will receive the same intervention after finishing the research. Anxiety will be measured before and one week after the last intervention session by Spence Children's Anxiety Scale.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2016102030407N1**

Registration date: **2017-07-09, 1396/04/18**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2017-07-09, 1396/04/18

Registrant information

Name

Farhad Shokrane

Name of organization / entity

Tabriz University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 914 956 7734

Email address

shokranehf@tbzmed.ac.ir

Recruitment status

Recruitment complete

Funding source

Self-funded. No external financial support.

Expected recruitment start date

2013-03-05, 1391/12/15

Expected recruitment end date

2013-03-14, 1391/12/24

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Bibliotherapy for Primary School Students Affected by Earthquake: a Randomized Controlled Trial

Public title

Bibliotherapy for Children with Earthquake Anxiety

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion Criteria: Students should have experienced 2012 East Azerbaijan earthquakes (Magnitude: 6.4 Mw, 6.3 Mw); students should be residents in Tabriz City; One week before the intervention, their anxiety score should be greater than 20 based on Spence Children's Anxiety Scale; Oral consent from the participants' parents should be taken before the research; There will be no clue of any physical or mental illness based on their Health Records in the school. Exclusion Criteria: Not being in Tabriz City at the time of earthquake; Having an anxiety score less than 20 based on Spence Children's Anxiety

Scale; Declining to sign the consent form by parents; report of physical or mental illness in their Health Records in the school.

Age

From **11 years** old to **13 years** old

Gender

Male

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **24**

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 Islamic Azad University (Tehran North Branch)

Street address

Faculty of Humanities, Bahar Boulevard, Saddoughi St

City

Tehran

Postal code

Approval date

2013-02-03, 1391/11/15

Ethics committee reference number

900712199

Health conditions studied

1

Description of health condition studied

Fear of Earthquakes Phobia - Seismophobia

ICD-10 code

F40

ICD-10 code description

Phobic anxiety disorders

Primary outcomes

1

Description

Anxiety

Timepoint

Spence Children's Anxiety Scale

Method of measurement

Questionnaire

Secondary outcomes

empty

Intervention groups

1

Description

Intervention Group (Bibliotherapy): A librarian will disseminate the books among the students to read them one week before the discussion/conclusion session (12 weekly 1-hour session during 3 months). The books will be selected from Parirokh and Majdi's list (ISBN 978-600-5489-14-9) related to treating fear via courage.

Category

Other

2

Description

Control Group (Waitlist): All participants in this group will receive the same intervention after finishing the research.

Category

Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Shakiba School

Full name of responsible person

Ghazaleh Aali

Street address

Andisheh Town, Madreseh Street

City

Tabriz

2

Recruitment center

Name of recruitment center

Tarbiat-e Noor School

Full name of responsible person

Ghazaleh Aali

Street address

Andisheh Town, Mardani-Azar Street

City

Tabriz

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Ghazaleh Aali

Full name of responsible person

Ghazaleh Aali

Street address

Tarbiat-e Noor School

City

Tabriz

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Ghazaleh Aali

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

Islamic Azad University (Tehran North Branch)

Full name of responsible person

Ghazaleh Aali

Position

Master of Art

Other areas of specialty/work

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Department of Library and Information Science

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Person responsible for scientific inquiries

Contact

Name of organization / entity

Tarbiat-e Noor School

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Person responsible for updating data

Contact

Name of organization / entity

Research Center for Pharmaceutical Nanotechnology

Full name of responsible person

Farhad Shokraneh

Position

Master of Science

Other areas of specialty/work

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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