

Clinical Trial Protocol

Iranian Registry of Clinical Trials

17 Sep 2026

The effect of educational intervention based on Precede-Proceed model on the stress management of Adolescent students girls in Rasht year 2016-2017

Protocol summary

Summary

The present study is an interventional randomized controlled trial (RCT) study that will be implemented to assess the impact of educational intervention based on factors predisposing PRECEDE PROCEED MODEL on stress management of girl high school students in Rasht. Sampling has been done by multistage random sampling in girl secondary schools. Thus, one high school will be selected as intervention and the other as a control. The sample size of 142 subjects (71 intervention group and 71 control group) will be considered. The instruments for data collection consisted of 4 questionnaires: Demographic- Self-made questionnaire within the framework of PRECEDE structures - Stress coping behavior questionnaire, stress management, Adolescent Lifestyle Questionnaire, inclusion criteria, students voluntary participation in the study and written consent of students and their parents, exclusion criteria, not wanting to continue the study and the absence of classroom training in more than two sessions. The steps of the research will be carried out based on PRECEDE PROCEED MODEL. Method: out of tenth grade students from two girls secondary schools, 142 subjects will be under pre-test in order to plan educational needs and to determine the concerned structures that should be more considered in the training sessions and teaching methods and the number of training sessions. Again, one and a half months after intervention, the test (Questionnaires 2, 3, 4) will be taken from both the intervention and control groups. Finally, the results were presented to Guilan University of Medical Sciences.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2017011431936N1**

Registration date: **2017-02-17, 1395/11/29**

Registration timing: **prospective**

Last update:

Update count: **0**

Registration date

2017-02-17, 1395/11/29

Registrant information

Name

Fariba Asgari

Name of organization / entity

Guilan University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 13 3355 5056

Email address

asgari_f@gums.ac.ir

Recruitment status

Recruitment complete

Funding source

Guilan University of Medical Sciences

Expected recruitment start date

2017-02-19, 1395/12/01

Expected recruitment end date

2017-04-09, 1396/01/20

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of educational intervention based on Precede-Proceed model on the stress management of Adolescent

students girls in Rasht year 2016-2017

Public title

The effect of educational intervention based on Precede-Proceed model on the stress management of Adolescent students girls in Rasht year 2016-2017

Purpose

Prevention

Inclusion/Exclusion criteria

Inclusion criteria for students: volunteer in the study; completed questionnaires and written consent of students and their parents. Exclusion criteria: Change school and classroom study; not wanting to continue the study, the absence of classroom training in more than two sessions.

Age

No age limit

Gender

Female

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: 142

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

Guilan University of Medical Sciences

Street address

Vice Chancellor for Research and Technology
University of Medical Sciences

City

Rasht

Postal code

Approval date

2016-12-24, 1395/10/04

Ethics committee reference number

IR.GUMS.REC.1395.295

Health conditions studied

1

Description of health condition studied

Mental and behavioural disorders

ICD-10 code

F43

ICD-10 code description

Reaction to severe stress, and adjustment disorders

Primary outcomes

1

Description

The stress

Timepoint

Before intervention ,1/5 Months after intervention

Method of measurement

Questionnaire

Secondary outcomes

empty

Intervention groups

1

Description

In control group, at first pre-test was received but there is no intervention. Finally, along with intervention groups, the test also was taken from this group

Category

Prevention

2

Description

In intervention group: After carrying out needs assessments and determining the structures that need to be more considered, according to PRECEDE PROCEED MODEL, stress management training sessions by researchers and psychologists in one and a half hour sessions will be presented. One and a half months after the end of training, a test will be taken from both test and control groups and the results will be studied.

Category

Prevention

Recruitment centers

1

Recruitment center

Name of recruitment center

Selected two middle schools

Full name of responsible person

Fariba Asgari

Street address

City

Rasht

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Guilan University of Medical Sciences

Full name of responsible person

Dr.Shadman Nemati

Street address

Research and Technology affairs building, in front of
Sepah Bank, West Beheshti blvd, Rasht Rasht Guilan
Iran, Islamic Republic Of

City

Rasht

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Guilan 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

Guilan University of Medical Sciences

Full name of responsible person

Fariba Asgari

Position

Faculty member

Other areas of specialty/work

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Zhila Parsa

Position

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Other areas of specialty/work

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shivaparsa8@gmail.com

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