

Clinical Trial Protocol

Iranian Registry of Clinical Trials

18 Sep 2026

The Effect of Life Skills' Education on Children's Mental Health of Well-being Faster care Centers

Protocol summary

Summary

The present research aims to study the effect of education of life skills on mental health of girls aged between 14 and 18 years old in well-being faster care center of Kerman. Statistical population of the applied research (with pre- and posttest) includes all girls aged between 14 and 18 years in well-being faster care center of Kerman in academic years 2015-2016. They were 45 individuals. Since continuous presence of children was essential in all educational sessions and only 30 girls could participate in all sessions, all girls were chosen as samples. The testing group learned life skills within 10 sessions for 90 minutes. Concerning results, the education of life skills has been significantly effective on mental health of girls in well-being faster care center. in addition to the effect of education of life skills on mental health, such education has the most positive effect on signs of anxiety and sleep disorder and it has the least positive effect on physical signs.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2017042833676N1**

Registration date: **2017-06-24, 1396/04/03**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2017-06-24, 1396/04/03

Registrant information

Name

Marzieh Kahnooji

Name of organization / entity

Valiasr University

Country

Iran (Islamic Republic of)

Phone

+98 34 3131 2347

Email address

m.kahnooji@vru.ac.ir

Recruitment status

Recruitment complete

Funding source

There Was No Source of Financial Support

Expected recruitment start date

2015-07-23, 1394/05/01

Expected recruitment end date

2015-09-23, 1394/07/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The Effect of Life Skills' Education on Children's Mental Health of Well-being Faster care Centers

Public title

The Effect of Life Skills' Education On Mental Health

Purpose

Health service research

Inclusion/Exclusion criteria

Inclusion Criteria:Girls; 14-18 Years; Resident in Kerman
Well-being Faster Care Center Exclusion criteria:Girls
Under14 Years.

Age

From **14 years** old to **18 years** old

Gender

Female

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: 2016

Randomization (investigator's opinion)

N/A

Randomization description

Blinding (investigator's opinion)

Not blinded

Blinding description

Placebo

Not used

Assignment

Single

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Rafsanjan University of Medical Sciences

Street address

Imam Ali Blvd, Rafsanjan

City

Rafsanjan

Postal code

7717933777

Approval date

2017-06-21, 1396/03/31

Ethics committee reference number

31/20/491/د پ

Health conditions studied

1

Description of health condition studied

Mental Health

ICD-10 code

Z00.4, Z04

ICD-10 code description

General psychiatric examination, not elsewhere classified, General psychiatric examination, requested by authority

Primary outcomes

1

Description

Mental Health

Timepoint

Two Months After the Intervention.

Method of measurement

Goldberg & Hilder Standard Questionnaire

Secondary outcomes

1

Description

Physical Signs , Signs of Anxiety and Sleep Disorder, Social Function, Depression

Timepoint

Two Months After the Intervention.

Method of measurement

Goldberg & Hilder Standard Questionnaire

Intervention groups

1

Description

The Education of ten life skills (Self-Awareness skill, Skill of Relationship, Skill of Interpersonal Relations, skill of Problem Solving, Skill of Creative Thinking, Skill of Coping With Emotions, Skill of Coping With Stress, Skill of Empathy, Decision Making Skill and Skill of Critical Thinking

Category

Behavior

Recruitment centers

1

Recruitment center

Name of recruitment center

Well-being Center OF Kerman

Full name of responsible person

Dr Alireza Vahidzadeh

Street address

Amirkabir Blvd, well-being Center

City

kerman

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

There is no Financial Support

Full name of responsible person

Dr Alireza Vahidzadeh

Street address

Amirkabir Blvd, Well-being Center

City

Kerman

Grant name

Grant code / Reference number

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

Yes

Title of funding source

There is no Financial Support

Proportion provided by this source

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**

Vali Asr Rafsanjan University

Full name of responsible person

Marzieh Kahnooji

Position

Phd, Faculty Member

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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*