Clinical Trial Protocol
Iranian Registry of Clinical Trials

16 Sep 2026

Effectiveness of narrative group psychotherapy on self-esteem and behavioral problems of 9 -12 year-old children: clinical trial with control group

Protocol summary

Study aim

To determine the effect of group narrative therapy on children's self-esteem and behavioral problem

Design

The Names of all primary schools of second education area will be taken and two schools will be chosen by chance. In one school a class will be chosen randomly, then a class from the other school will be found that has the same students' age. These two groups should have at least 20 students.

Settings and conduct

The students of different classes should not know the others plan,so two different classes will be chosen from 2 different school of second area of education in Shiraz. To evaluate the changes of children's' self-esteem and behavioral problem, 6 sessions of group psychotherapy for target group and painting tutorials for control group have been designed. Participants' parents will fill the questionnaires before the intervention, right after the intervention and 3 months later. The data will be analysed by SPSS.

Participants/Inclusion and exclusion criteria

All the students between 9 - 12 years old who are studying in second area of education in Shiraz can take place in this study and if they don't have interest or satisfaction can leave the intervention.

Intervention groups

The target group is the class who experience group narrative therapy and control group is the class with six session of painting tutorials. painting tutorial is a placebo in this study and it is not the goal to determine its effect on students' self esteem.

Main outcome variables

self-esteem and behavioral problem

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20131130015589N2**
Registration date: **2019-01-28, 1397/11/08**
Registration timing: **retrospective**

Last update: **2019-01-28, 1397/11/08**
Update count: **0**

Registration date

2019-01-28, 1397/11/08

Registrant information

Name

Arash Mani

Name of organization / entity

Shiraz University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 71 3627 3070

Email address

mania@sums.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2018-01-21, 1396/11/01

Expected recruitment end date

2018-01-30, 1396/11/10

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title
Effectiveness of narrative group psychotherapy on self-esteem and behavioral problems of 9 -12 year-old children: clinical trial with control group

Public title
Effectiveness of narrative therapy on self-esteem and behavioral problems
Purpose
Treatment
Inclusion/Exclusion criteria
Inclusion criteria:
students studying in 2nd education area in shiraz
students' age should be between 9 to 12
Exclusion criteria:
Students who who don't want to participate in project
Age
From **9 years** old to **12 years** old
Gender
Both

Phase
N/A
Groups that have been masked
No information
Sample size
Target sample size: **20**
Randomization (investigator's opinion)
Not randomized
Randomization description
Blinding (investigator's opinion)
Not blinded
Blinding description
Placebo
Used
Assignment
Parallel
Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee
Name of ethics committee
Ethic committee of Shiraz University of Medical Sciences
Street address
7th floor, Shiraz university of Medical sciences, Zand Ave
City
Shiraz
Province
Fars
Postal code
7194668118
Approval date
2016-07-02, 1395/04/12
Ethics committee reference number
IR.SUMS.MED.REC.1395.11

Health conditions studied

1

Description of health condition studied
self esteem
ICD-10 code
ICD-10 code description

2

Description of health condition studied
behavioral problem
ICD-10 code
ICD-10 code description

Primary outcomes

1

Description
Measure of self esteem
Timepoint
Before study, exactly after intervention and 3 month after intervention
Method of measurement
Cooper smith self esteem questionnaire

2

Description
Measure of behavioral problem
Timepoint
before study, exactly after intervention and 3 month after intervention
Method of measurement
SDQ questionnaire

Secondary outcomes

empty

Intervention groups

1

Description
Intervention group: One of Shiraz primary school will be chosen randomly. Among all its classes, one will be chosen randomly. All students of that class will take part in intervention group. Six sessions of group narrative psychotherapy are the plan. All sessions are 45 minutes and will be performed in one month. There will be home works for each session that is related to the subject of the session. Subject are: 1) Relaxation metaphor 2) Accountability Metaphor 3)Self-management metaphor 4)The game of words' feelings 5)Normal life story 6)Normal life story

Category
Behavior

2

Description
Control group: Another primary school of Shiraz will be chosen randomly. A class of that school will be chosen correspondingly by intervention group. The intervention for control group is Six sessions of painting tutorials that last 45 minutes. Teacher will teach the students to draw a specific object and then the students should draw it by themselves. Subject of the paintings are animals, nature and objects can be found in the students surroundings.
Category
Behavior

Recruitment centers

1

Recruitment center
Name of recruitment center
Department of Education, District 2 Shiraz
Full name of responsible person
Zahra Moridi
Street address
Hafez Educational Hospital, Shahid Chamran Boulevard
City
Shiraz
Province
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Postal code
777
Phone
+98 71 3627 9319
Email
mania@sums.ac.ir

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Shiraz University of Medical Sciences
Full name of responsible person
Seyyed Basir Hashemi, MD
Street address
7th floor, Shiraz University of Medical science building, Zand Ave
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Email
mania@sums.ac.ir
Grant name
Shiraz University of Medical Sciences
Grant code / Reference number
10747
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
Shiraz University of Medical Sciences
Proportion provided by this source
100
Public or private sector
Public
Domestic or foreign origin
Domestic
Category of foreign source of funding
empty
Country of origin
Type of organization providing the funding
Academic

Person responsible for general inquiries

Contact
Name of organization / entity
Shiraz University of Medical Sciences
Full name of responsible person
Arash Mani
Position
Associate Professor
Latest degree
Ph.D.
Other areas of specialty/work
Neuroscience
Street address
Hafez Educational Hospital, Shahid Chamran Boulevard, Shiraz
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Person responsible for scientific inquiries

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Person responsible for updating data

Contact
Name of organization / entity
Shiraz University of Medical Sciences
Full name of responsible person
Zahra Moridi
Position
General Practitioner
Latest degree
Medical doctor
Other areas of specialty/work
General Practitioner
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Sharing plan

Deidentified Individual Participant Data Set (IPD)
Yes - There is a plan to make this available
Study Protocol
Undecided - It is not yet known if there will be a plan to make this available
Statistical Analysis Plan
Undecided - It is not yet known if there will be a plan to make this available
Informed Consent Form
Undecided - It is not yet known if there will be a plan to make this available
Clinical Study Report
Undecided - It is not yet known if there will be a plan to make this available
Analytic Code
Yes - There is a plan to make this available
Data Dictionary
No - There is not a plan to make this available
Title and more details about the data/document
part of the data about the self esteem
When the data will become available and for how long
from 2020
To whom data/document is available
psychologist
Under which criteria data/document could be used
nothing
From where data/document is obtainable
mania@sums.ac.ir
What processes are involved for a request to access data/document
send formal letter
Comments