

Clinical Trial Protocol

Iranian Registry of Clinical Trials

14 Jul 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
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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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Phone
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Fax
+98 71 3627 9319

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
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Person responsible for scientific 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

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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**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

Street address

Hafez Educational Hospital, Shahid Chamran
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