

Clinical Trial Protocol

Iranian Registry of Clinical Trials

04 Jul 2026

Effectiveness of cognitive-behavioral group counseling on the self-differentiation of derelict and unsupervised girls over puberty

Protocol summary

Study aim

Determining the Effectiveness of Group Counseling with Cognitive-Behavioral Approach for the Outcome of Extreme Mentally Controlled Girls in Mashhad's Welfare Center in Mashhad, 1996-97

Design

The statistical population of this study is all girls aged 14-18 years old, who are kept in Mashhad. After registered the self-differentiation questionnaire is filled up for everyone. For example, if the number of these people is 100 (according to sample size 60), the percentile of 60 obtained by individuals is calculated, and those who scored lower than they are entered into the study and by a block size of 4 to two The intervention group (30 people) and the control group (30 people) are allocated.

Settings and conduct

The place of the study is public centers of Ali Asghar and the angels in Mashhad. After the formation of two groups, the counseling for the intervention group was performed and running questionnaire to both groups and then the results were analyzed and compared.

Participants/Inclusion and exclusion criteria

Entry requirements: living in a welfare institution, declaring cooperation in providing the information required by the girls surveyed, aged 14-18 years, the person is not currently receiving other psychological treatment, does not suffer from severe psychiatric disorders, evidence of physical illness It does not require treatment. And exclusion criteria: not attending counseling sessions, attending other counseling and training sessions simultaneously.

Intervention groups

Intervention is a group that holds group counseling sessions to promote self- Differentiation

Main outcome variables

The rate of change in girls' differentiation scores and comparison with control group

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20180116038390N1**

Registration date: **2018-01-29, 1396/11/09**

Registration timing: **prospective**

Last update: **2018-01-29, 1396/11/09**

Update count: **0**

Registration date

2018-01-29, 1396/11/09

Registrant information

Name

Bi Bi Halimeh Kazemeini

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 51 3732 7053

Email address

kazemeini@shmu.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2018-02-20, 1396/12/01

Expected recruitment end date

2018-07-23, 1397/05/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effectiveness of cognitive-behavioral group counseling on the self-differentiation of delinquent and unsupervised girls over puberty

Public title

Effectiveness of cognitive-behavioral group counseling on the self-differentiation of delinquent and unsupervised girls over puberty

Purpose

Education/Guidance

Inclusion/Exclusion criteria

Inclusion criteria:

In the institution of well-being Girls under review will be required to provide information they need Aged 14-18 years old

Exclusion criteria:

Take part in other training and consulting sessions simultaneously Severe psychiatric disorders are affected The person is currently receiving another psychological treatment Evidence is based on the presence of a medical condition that requires treatment.

Age

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

Gender

Female

Phase

N/A

Groups that have been masked

- Participant
- Care provider
- Investigator
- Outcome assessor
- Data analyser
- Data and Safety Monitoring Board

Sample size

Target sample size: **60**

Randomization (investigator's opinion)

Randomized

Randomization description

In this study, all eligible people in each center are identified and registered. Then the self-differentiation questionnaire is filled up for everyone. For example, if the number of these people is 100 (according to sample size 60), the percentile of 60 obtained by individuals is calculated, and those who scored lower than they are entered into the study and by a block size of 4 to two The intervention and control groups are assigned.

Blinding (investigator's opinion)

Triple blinded

Blinding description

To prevent information leakage between the two groups, we will hold counseling sessions away from the eyes of the control group. Also, to blind the person collecting information from another person who is not informed to the group, it will be used to fill in the questionnaires after the intervention in two groups. We will also not inform the data analyst of the group.

Placebo

Not used

Assignment

Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethics Committee of Shahrood University of Medical Sciences

Street address

Seventh Tir Square, Shahrood University of Medical Sciences

City

shahrood

Province

Semnan

Postal code

۳۶۱۴۷-۷۳۹۴۷

Approval date

2018-01-06, 1396/10/16

Ethics committee reference number

IR.SHMU.REC.1396.143

Health conditions studied

1

Description of health condition studied

self differentiation

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description

Self-Esteem Score from Self-Identification Questionnaire

Timepoint

Before the intervention and one week after the study

Method of measurement

Self-differentiation questionnaire

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: Conducting counseling sessions to promote self-discovery in girls. Weekly sessions are a one-hour session and each session is two hours on specific days, along with reception during meetings, and a total of 8 sessions.

Category
Behavior

2

Description

Control group: A group with no experimental intervention is selected and compared to the intervention group.

Category

Behavior

Recruitment centers

1

Recruitment center

Name of recruitment center

Khorasan Razavi Welfare Organization

Full name of responsible person

Tahmina Shakib

Street address

Azadi Street, between Shahada and Zarrineh crossroads, between freedom 8 and 10

City

mashhad

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Razavi Khorasan

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9149614783

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Shahroud University of Medical Sciences

Full name of responsible person

Mohammad Hassan Emamian

Street address

Seventh Tir Square, Shahroud University of Medical Sciences and Health Services

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Grant name

Grant code / Reference number

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

Yes

Title of funding source

Shahroud 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

Shahroud University of Medical Sciences

Full name of responsible person

Bi Bi Halimeh Kazemeini

Position

student

Latest degree

Bachelor

Other areas of specialty/work

Midwifery

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Person responsible for scientific inquiries

Contact

Name of organization / entity

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Full name of responsible person

Dr. Zahra Motaghi

Position

Professor

Latest degree

Ph.D.

Other areas of specialty/work

Midwifery

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Latest degree

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Sharing plan

Deidentified Individual Participant Data Set (IPD)

Undecided - It is not yet known if there will be 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

Not applicable

Analytic Code

Undecided - It is not yet known if there will be a plan to make this available

Data Dictionary

Undecided - It is not yet known if there will be a plan to make this available