

Clinical Trial Protocol

Iranian Registry of Clinical Trials

16 Sep 2026

The effect of positive-psychological education on test anxiety and perception of classroom environment of high school students in Sarab, the year 2017

Protocol summary

Study aim

Determining the Effect of Positive Psychological Education on Test Anxiety and Perception of Classroom Environment in High School Girls in Sarab, 2017

Design

with intervention and control group based on the sample

Settings and conduct

This research has been done in Saraab city and in female high schools where have been choosed by randome multistage cluster sampling method. 90 students were randomly selected and divided into two intervention and control groups and the intervention group received positive thinking skills educations for 90 minutes in 8 sessions.

Participants/Inclusion and exclusion criteria

Entry requirements: No history of illness, accessible, not participated in the same educational class

Intervention groups

The intervention group is students who have been trained in positive thinking skills. Control group are also students who have not been trained in positive thinking skills.

Main outcome variables

Reduction in student's anxiety test Increasing student's perceptions of classroom environments

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20180114038367N1**

Registration date: **2018-03-01, 1396/12/10**

Registration timing: **retrospective**

Last update: **2018-03-01, 1396/12/10**

Update count: **0**

Registration date

2018-03-01, 1396/12/10

Registrant information

Name

Sevda Fazlizade

Name of organization / entity

Islamic Azad University Tehran Medical Branch

Country

Iran (Islamic Republic of)

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Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2017-10-06, 1396/07/14

Expected recruitment end date

2017-11-25, 1396/09/04

Actual recruitment start date

2017-10-11, 1396/07/19

Actual recruitment end date

2017-11-25, 1396/09/04

Trial completion date

empty

Scientific title

The effect of positive-psychological education on test anxiety and perception of classroom environment of high school students in Sarab, the year 2017

Public title

The effect of positive-psychological education on test anxiety and perception of classroom environment

Purpose

Education/Guidance

Inclusion/Exclusion criteria

Inclusion criteria:

To not have psychotic disorders like depression or anxiety disorders. There is a possibility of continuous access and control. Have not participated in same educational classes. To have at least 14 and at most 18 years old.

Exclusion criteria:

Sample students do not participate in classrooms

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: **90**

Actual sample size reached: **90**

Randomization (investigator's opinion)

Randomized

Randomization description

Random Multi-stage cluster random numbers

Blinding (investigator's opinion)

Not blinded

Blinding description

Placebo

Not used

Assignment

Other

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Islamic azad university tehran medical branch

Street address

Tehran Medical Branch , Islamic Azad UniversityT,
khaghani st, shariati Ave , Tehran, Iran

City

Tehran

Province

Tehran

Postal code

1916893813

Approval date

2017-05-30, 1396/03/09

Ethics committee reference number

IR.IAU.TMU.REC.1396.20

Health conditions studied

1

Description of health condition studied

Test anxiety

ICD-10 code

F41.1

ICD-10 code description

Generalized anxiety disorder

Primary outcomes

1

Description

Test anxiety

Timepoint

Measure the test anxiety at the beginning of the study (before the intervention) and after the completion of the training

Method of measurement

Sarason test anxiety questionnaires

2

Description

Perception of classroom

Timepoint

Measure the perception of classroom at the beginning of the study (before the intervention) and after the completion of the training

Method of measurement

Gentry, Gble & Rizza questionnaires

Secondary outcomes

empty

Intervention groups

1

Description

intervention group were trained under positive thinking skills for 90 minutes in 8 sessions.

Category

Treatment - Other

2

Description

Control group: Have not been trained.

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center

Saraab education department

Full name of responsible person

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity
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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

Islamic Azad University

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
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Person responsible for updating data

Contact

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Sharing plan

Deidentified Individual Participant Data Set (IPD)

Yes - There is a plan to make this available

Study Protocol

Yes - There is a plan to make this available

Statistical Analysis Plan

Yes - There is a plan to make this available

Informed Consent Form

Yes - There is a plan to make this available

Clinical Study Report

Yes - There is a plan to make this available

Analytic Code

Not applicable

Data Dictionary

Yes - There is a plan to make this available

Title and more details about the data/document

Questionnaire Data

When the data will become available and for how long

2018

To whom data/document is available

All Researchers

Under which criteria data/document could be used

Statistical analysis

From where data/document is obtainable

Islamic Azad University

What processes are involved for a request to access data/document

Visit to University

Comments