

Clinical Trial Protocol

Iranian Registry of Clinical Trials

18 Jun 2026

Effect of education program on stress management in student, based on self-efficacy theory

Protocol summary

Study aim

Determine the effect of training on the basis of self-efficacy theory on stress management

Design

Semi-experimental study with control group with parallel groups, Cluster sampling, Sample size consists of two groups of 30 people, Randomize using random numbers table, Implementation of educational intervention for 1 month from November to December 2017 and follow up to 3 months later

Settings and conduct

The samples of study are high school girls in Bojnourd. Two girls' high schools will be selected randomly from Bojnourd education centers, and 30 students from each high school will be randomly selected and entered into the study. At first, the experimental and control group completed self-efficacy and coping skills questionnaires. The experimental group is trained and the control group does not receive any training. Also again, immediately and 3 months after training the questionnaires will be completed by both groups.

Participants/Inclusion and exclusion criteria

Inclusion criteria: Desire to participate in the study;
Female gender; High school student

Intervention groups

The educational strategy is designed and implemented based on the four stages of the self-efficacy theory including: Mastery Experiences, Vicarious Experiences, Verbal Persuasion, Emotional & Physiological States, Emotional & Physiological States, with emphasis on increasing the level of self-efficacy in the experimental group. The control group will not receive any training.

Main outcome variables

Self-efficacy; Stress Management

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20160710028863N29**

Registration date: **2018-06-28, 1397/04/07**

Registration timing: **retrospective**

Last update: **2018-06-28, 1397/04/07**

Update count: **0**

Registration date

2018-06-28, 1397/04/07

Registrant information

Name

Nooshin Peyman

Name of organization / entity

Mashhad University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 915 502 6195

Email address

peymann@mums.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2017-10-23, 1396/08/01

Expected recruitment end date

2017-11-22, 1396/09/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effect of education program on stress management in student, based on self-efficacy theory

Public title

Stress Management and Student Self-Esteem

Purpose

Education/Guidance

Inclusion/Exclusion criteria**Inclusion criteria:**

Person's intention to participate in the study female
gender high school students

Exclusion criteria:**Age**

From **15 years** old to **17 years** old

Gender

Female

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **60**

Randomization (investigator's opinion)

Randomized

Randomization description

Sampling method is done in cluster form, Of the government girls' schools in Bojnourd, two schools that are similar in cultural and economic terms and at the same time have the necessary geographical distance between them, are randomly divided into test and control groups, Then, from the students of both schools, the tenth grade is selected for sampling.

Blinding (investigator's opinion)

Not blinded

Blinding description**Placebo**

Not used

Assignment

Parallel

Other design features**Secondary Ids**

empty

Ethics committees**1****Ethics committee****Name of ethics committee**

Ethics committee of Mashhad University of Medical
Sciences

Street address

School of Health, Daneshgah18 Street, Danshgah
Avenue, Mashhad

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Province

Razavi Khorasan

Postal code

91388-13944

Approval date

2018-02-21, 1396/12/02

Ethics committee reference number

IR.MUMS.REC.1396.402

Health conditions studied**1****Description of health condition studied**

Sterss

ICD-10 code

F43

ICD-10 code description

Reaction to severe stress, and adjustment disorders

Primary outcomes**1****Description**

Stress management

Timepoint

Before The intervention, immediately and three months
after intervention

Method of measurement

check list of coping skills (CS-R)

Secondary outcomes**1****Description**

Self efficacy

Timepoint

Before The intervention, immediately and three months

Method of measurement

Self-efficacy questionnaire for children (SEQ-C)

Intervention groups**1****Description**

Intervention group: Training sessions are conducted in 3
sessions (90 minutes) for stress management training
based on self-efficacy theory.

Category

Behavior

2**Description**

Control group: this groups does not receive any
education training

Category

Behavior

Recruitment centers**1****Recruitment center**

Name of recruitment center

High school girls

Full name of responsible person

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Mashhad University of Medical Sciences

Full name of responsible person

Mohsen Tafaghod

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Daneshgah St, Administration Center (Qoreishi Building), Mashhad University of Medical Sciences International Office

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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

Mashhad 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

Mashhad University of Medical Sciences

Full name of responsible person

Nooshin Peyman

Position

Associate Professor of Health Education and Promotion of Health

Latest degree

Ph.D.

Other areas of specialty/work

Health Promotion

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Person responsible for updating data

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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

Not applicable

Informed Consent Form

No - There is not a plan to make this available

Clinical Study Report

Yes - There is a plan to make this available

Analytic Code

Not applicable

Data Dictionary

Not applicable

Title and more details about the data/document

Potential data is sharable after distinguishing people

When the data will become available and for how long

Start the access period one month after the publication of result

To whom data/document is available

Researchers working in academia

Under which criteria data/document could be used

Data is sent through an official request and by email

From where data/document is obtainable

Dr Nooshin Peyman Peymann@mums.ac.ir

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

Data is sent through an official request and by email

Comments