

Clinical Trial Protocol

Iranian Registry of Clinical Trials

22 Jun 2026

Investigation the effect of self-awareness skill training to head of the family mothers , on self-efficacy of 10-12 year old boys

Protocol summary

Registration timing: **retrospective**

Study aim

Determining and comparing the self-awareness of the head of the family mothers and self-efficacy of their boys before and after intervention in the experimental and control groups

Last update: **2018-07-19, 1397/04/28**

Update count: **0**

Registration date

2018-07-19, 1397/04/28

Design

Controlled clinical trial, with parallel groups, non-random

Registrant information

Name

Malihe Azizinezhad

Settings and conduct

After obtaining the consent of the research samples, the questionnaire is given to them and will be collected after completion. The study program and the address of the educational site, which is one of the schools under study in Shahre-Rey (south of Tehran), will be informed to the test group. Then, the self-awareness skill will be taught to mothers of the test group in Ghalanbor martyr primary school by the researcher.

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 21 5505 5419

Email address

azizinejad.m@tak.iums.ac.ir

Participants/Inclusion and exclusion criteria

Inclusion criteria: 10-12 year old male students of governmental elementary schools in district 2 of Rey county. Exclusion criteria: male students from non-profit and non-governmental schools.

Recruitment status

Recruitment complete

Funding source

Intervention groups

In four 45-minute session, self-awareness definition, self-actualization and ideal, the necessities of education and learning self-awareness, benefits of self-awareness, factors affecting self-awareness development, self-awareness barriers and self-awareness components will be taught to the test group and the control group does not receive any training.

Expected recruitment start date

2018-06-09, 1397/03/19

Expected recruitment end date

2018-06-27, 1397/04/06

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Main outcome variables

self efficacy: self awareness

Scientific title

Investigation the effect of self-awareness skill training to head of the family mothers , on self-efficacy of 10-12 year old boys

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20180615040109N1**

Registration date: **2018-07-19, 1397/04/28**

Public title

Investigation the effect of self-awareness skills training on self-efficacy

Purpose

Education/Guidance

Inclusion/Exclusion criteria

Inclusion criteria:

Willingness to participate at research Iranian nationality
Have at least education (reading and writing) In the case of two children, only the eldest son No drug treatment or any other treatment

Exclusion criteria:

Serious illness and mental illness Addiction Physical disability

Age

From **10 years** old to **12 years** old

Gender

Male

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **80**

Randomization (investigator's opinion)

Not randomized

Randomization description

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 on Research in Iran University of Medical Sciences

Street address

Next to the Milad Tower., Hemmat Highway

City

Tehran

Province

Tehran

Postal code

1449614535

Approval date

2018-05-14, 1397/02/24

Ethics committee reference number

IR.IUMS.REC.1397.099

Health conditions studied

1

Description of health condition studied

level of head of family mothers' self-awareness and their boys' self-efficacy

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description

Self-efficacy score

Timepoint

Before the intervention and three months after the intervention

Method of measurement

Muris Self-Efficacy Questionnaire

Secondary outcomes

1

Description

Self-awareness score

Timepoint

Before the intervention and three months after the end of the training intervention

Method of measurement

Fenigstein et al. Self-consciousness scale

Intervention groups

1

Description

The intervention group program will consist of four 45-minutes sessions, in group and twice a week. Educational content is developed using books and research articles and validated by several faculty members of nursing school and then taught. The titles of each session will be as follows: Session 1: Introduction, description of the rules of participation in the training sessions and goals, the definition and familiarity with the self-awareness skill, types of concept. Session 2: Expression of the necessities of education and learning self-awareness, benefits of self-awareness, factors affecting self-awareness development, Self-awareness barriers. Session 3: The components of self-awareness include: recognizing attributes, recognizing your abilities and skills, recognizing weakness points, knowing thoughts, recognizing your beliefs and values, recognizing goals. Session 4: Self-awareness components include emotion recognition, identity and identity Finding, self-esteem.

Category

Lifestyle

2

Description

The control group does not receive any training in this study, but because of the ethics in the research after the completion of the research, the educational content will be presented to them as a CD.

Category

Lifestyle

Recruitment centers**1****Recruitment center****Name of recruitment center**

Elementary School Boys Governmental Schools in Shahre-Ray

Full name of responsible person

Maliheh Azizinezhad

Street address

Department of Education., Imam Hosseien st., Shahre-rey

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Web page address

<http://oa1221.teo.ir/Login.aspx>

Sponsors / Funding sources**1****Sponsor****Name of organization / entity**

Iran University of Medical Sciences

Full name of responsible person

Seyed Kazem Malakouti

Street address

Iran University of Medical Sciences., Hemat Highway next to Milad Tower., Tehran

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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

Iran 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**

Iran University of Medical Sciences

Full name of responsible person

Maliheh Azizinezhad

Position

master of science Student

Latest degree

Bachelor

Other areas of specialty/work

Health Promotion

Street address

School of Nursing & Midwifery., Rashid Yasemi Street., above Vanak Square., Valiasr St

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Person responsible for scientific inquiries**Contact****Name of organization / entity**

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Full name of responsible person

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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

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

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

Title and more details about the data/document

The demographic and individual information of all participants in the research after unidentified sharing is possible.

When the data will become available and for how long

Access to data is available six months after the publication of the article.

To whom data/document is available

Researchers at universities have access to the individual data of the participants.

Under which criteria data/document could be used

Statistical data will only be allowed to cite in the articles and research that is in line with this study.

From where data/document is obtainable

To receive the data after receiving the letter of introduction from the university with the researcher's email address listed below: azizinejad.m@tak.iums.ac.ir

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

After obtaining a letter of introduction from the university, the applicant will send a letter to the researcher, After two to three weeks, the data will be available to them.

Comments