

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

17 Jun 2026

### The effect of an educational intervention based on the theory of On the use of the Internet and social networks girls high school students

#### Protocol summary

##### Study aim

Determination of the frequency of education based on the theory of planned behavior on the reduction of the use of the Internet and social network in teenage girls

##### Design

Training sessions to reduce Internet usage and social networking for the intervention group

##### Settings and conduct

Data will be collected in the pre-intervention, one week and two months after the intervention periods. Finally, the impact of the interventional program will be measured on students Reducing Internet usage and social networks. In this study, it will be selected four schools as the interventional group and four schools as the control Behbahan City areas.

##### Participants/Inclusion and exclusion criteria

Inclusion criteria: The first class of high school students in Behbahan ; The presence continuous in educational programs. Exclusion criteria: Having more than one session or more absences in classes; Students who have participated in the pretest but not the post-test

##### Intervention groups

En Intervention group: will be done training sessions about Reduce the use of the Internet and social networks skills. The interventional group will be given booklet, pamphlet, sheet of daily practice, also will be shown an instructional video. Control group: no intervention

##### Main outcome variables

Reducing Internet usage and social networks

#### General information

##### Reason for update

##### Acronym

isn

##### IRCT registration information

IRCT registration number: **IRCT20131014015015N18**

Registration date: **2018-09-27, 1397/07/05**

Registration timing: **retrospective**

Last update: **2018-09-27, 1397/07/05**

Update count: **0**

##### Registration date

2018-09-27, 1397/07/05

##### Registrant information

###### Name

Leila Ghahremani

###### Name of organization / entity

Shiraz University of Medical Sciences

###### Country

Iran (Islamic Republic of)

###### Phone

+98 71 1725 1001

###### Email address

ghahramanl@sums.ac.ir

##### Recruitment status

**Recruitment complete**

##### Funding source

##### Expected recruitment start date

2018-02-20, 1396/12/01

##### Expected recruitment end date

2018-06-20, 1397/03/30

##### Actual recruitment start date

2017-09-23, 1396/07/01

##### Actual recruitment end date

2017-11-21, 1396/08/30

##### Trial completion date

empty

##### Scientific title

The effect of an educational intervention based on the theory of On the use of the Internet and social networks girls high school students

##### Public title

Evaluation use of the Internet and social networks amount of girl's high school students

##### Purpose

Prevention

## Inclusion/Exclusion criteria

### Inclusion criteria:

Inclusion criteria: The first class of high school students in Behbahan The presence continuous in educational programs Age 14 to 15 years Exclusion criteria: Having more than one session or more absences in classes Students who have participated in the pretest but not the post-test

### Exclusion criteria:

#### Age

From **14 years** old to **15 years** old

#### Gender

Female

#### Phase

N/A

#### Groups that have been masked

*No information*

#### Sample size

Target sample size: **400**

Actual sample size reached: **400**

#### Randomization (investigator's opinion)

Not randomized

#### Randomization description

#### 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

Ethics committee of Shiraz University of Medical Sciences

##### Street address

Central building of Shiraz University of Medical Sciences, Zand St. Shiraz

##### City

شیراز

##### Province

Fars

##### Postal code

71345-1978

#### Approval date

2018-02-07, 1396/11/18

#### Ethics committee reference number

IR.SUMS.REC.1396.176

## Health conditions studied

### 1

#### Description of health condition studied

Reducing Internet usage and social networking

#### ICD-10 code

#### ICD-10 code description

## Primary outcomes

### 1

#### Description

Reduce the use of the Internet and social networks

#### Timepoint

Pre- intervention, One weeks and 2 month after intervention

#### Method of measurement

Questionnaire

## Secondary outcomes

empty

## Intervention groups

### 1

#### Description

Intervention group: En Intervention group: will be done training sessions about Reduce the use of the Internet and social networks skills. The interventional group will be given booklet, pamphlet, sheet of daily practice, also will be shown an instructional video.

#### Category

Prevention

### 2

#### Description

Control group: no intervention

#### Category

Prevention

## Recruitment centers

### 1

#### Recruitment center

##### Name of recruitment center

Ghosleh Mousavi Pour High school

##### Full name of responsible person

Fatemeh Shirdal

##### Street address

بهبهان میدان معلم

##### City

Behbahan

##### Province

Khouzestan

##### Postal code

6361963639

##### Phone

+98 61 3222 6791

**Email**  
fatima.sherdel@gmail.com

**2**

#### **Recruitment center**

**Name of recruitment center**  
Nafis High school  
**Full name of responsible person**  
Ms. Maryam Hosseini  
**Street address**  
Street pasdaran Behbahan  
**City**  
Behbahan  
**Province**  
Khouzestan  
**Postal code**  
6361963639  
**Phone**  
+98 61 3222 6791  
**Email**  
fatima.sherdel@gmail.com

#### **Sponsors / Funding sources**

**1**

#### **Sponsor**

**Name of organization / entity**  
Shiraz University of Medical Sciences  
**Full name of responsible person**  
Dr. Leila Ghahramani  
**Street address**  
School of health, Koye Zahra, Shiraz  
**City**  
Shiraz  
**Province**  
Fars  
**Postal code**  
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**Fax**  
+98 71 1725 7288  
**Email**  
Ghahramanl@sums.ac.ir  
**Grant name**  
**Grant code / Reference number**  
**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**  
Fatemeh Shirdal  
**Position**  
MSc student of Health Education  
**Latest degree**  
Subspecialist  
**Other areas of specialty/work**  
Health Promotion  
**Street address**  
Health Education department, School of Health,  
Shiraz University of Medical Sciences  
**City**  
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#### **Person responsible for scientific inquiries**

#### **Contact**

**Name of organization / entity**  
Shiraz University of Medical Sciences  
**Full name of responsible person**  
Leila Ghahremani  
**Position**  
phd  
**Latest degree**  
Ph.D.  
**Other areas of specialty/work**  
Health Promotion  
**Street address**  
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**Postal code**  
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+98 71 1725 7288  
**Email**  
Ghahramanl@sums.ac.ir

## Person responsible for updating data

### Contact

**Name of organization / entity**

Shiraz University of Medical Sciences

**Full name of responsible person**

Fatemeh Shirdal

**Position**

MSc student of Health Education

**Latest degree**

Master

**Other areas of specialty/work**

Health Promotion

**Street address**

Health Education department, School of Health,  
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**City**

Shiraz

**Province**

Fars

**Postal code**

71345-1978

**Phone**

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**Fax**

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**Email**

fatima.sherdel@gmail.com

## Sharing plan

**Deidentified Individual Participant Data Set (IPD)**

Yes - There is a plan to make this available

**Study Protocol**

No - There is not a plan to make this available

**Statistical Analysis Plan**

Yes - There is a plan to make this available

**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**

No - There is not 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**

The total potential data can be shared after  
unidentifiable people

**When the data will become available and for how long**

60/5000 As of September 97, the thesis defense is  
published

**To whom data/document is available**

All people who have access to the magazine where the  
article is printed

**Under which criteria data/document could be used**

All results in the thesis and article are for publication

**From where data/document is obtainable**

Author of Dr. Leyla Ghahremani 09177923542  
ghahramanl@sums.ac.ir

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

The responsible author is asked to be answered from  
week to month

**Comments**

does not have