

Clinical Trial Protocol

Iranian Registry of Clinical Trials

16 Sep 2026

Effect of Problem Solving Skills Training on Self Efficacy and Self-Concept of Adolescent with Cancer

Protocol summary

Study aim

The purpose of this study is to improve the self-efficacy and self-concept of adolescents through teaching problem solving skills, which will lead to increased adaptability and quality of life.

Design

Clinical trial with control group based on adolescents with cancer, with parallel groups, without blindness, randomized by blocking, and a sample size of 60 patients who needed one month after the start of time and then one month later follow up be

Settings and conduct

The field of this research is a way to deal with problems, thus promoting self-efficacy and self-concept, which, as a result, promotes mental health. The place is Dr. Sheikh Hospital in Mashhad. The study is also done in seven individual sessions per hour.

Participants/Inclusion and exclusion criteria

Entry requirements: All adolescents with cancer who are between the ages of 15 and 12 are resident in Mashhad
Non-arrival conditions: If the teenager has entered a big stress within six months If admitted to the ICU. Not educated

Intervention groups

The intervention used in this study is teaching problem solving method to adolescents with cancer, which is one of the cognitive-behavioral methods. So far, this method has been used for anxiety and depression in cancer patients. In the control group, routine care provided by the family or hospital is considered, and no interventions are performed.

Main outcome variables

Improve self-efficacy and self-concept
Compatible upgrade as a result of having the best deal in dealing with problems
Promoting quality of life as a result of promoting compliance
Mental health promotion
Reducing impulsive or avoidable behaviors in dealing with problems
Increase positive orientation towards problems
Participation in the community more actively

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20180215038739N1**

Registration date: **2018-09-08, 1397/06/17**

Registration timing: **registered_while_recruiting**

Last update: **2018-09-08, 1397/06/17**

Update count: **0**

Registration date

2018-09-08, 1397/06/17

Registrant information

Name

Ali Askari

Name of organization / entity

Country

Iran (Islamic Republic of)

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Email address

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Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2018-09-05, 1397/06/14

Expected recruitment end date

2019-01-04, 1397/10/14

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effect of Problem Solving Skills Training on Self Efficacy and Self-Concept of Adolescent with Cancer		Name of ethics committee The Ethics Committee of Mashhad University of Medical Sciences	
Public title Effect of Problem Solving Skills Training on Self Efficacy and Self-Concept of Adolescent with Cancer		Street address Mashhad- cross of Doctora- Mashhad Nursing Faculty	
Purpose Education/Guidance		City Mashhad	
Inclusion/Exclusion criteria Inclusion criteria: Completion of a therapeutic phase (chemotherapy, radiotherapy and surgery). The goal is only to engage the child with cancer and to make the situation more tangible for the adolescent• . Age between 11-15 Lack of cognitive and behavioral disorders caused by treatments (based on questions from adolescents and their parents) Minimum elementary education level Full family (having parents) Not having a stress like the death of one of the loved ones in the past six months Lack of admission to the intensive care unit The desire and motivation to participate in this course and research Resident of Mashhad Inform the teen about his illness (cancer) Exclusion criteria: • The unwillingness of the adolescent or his family to continue attending the course•• If the adolescent enters a large stress If you are experienced bad medical condition or complication during the study		Province Razavi Khorasan	
		Postal code 9137913199	
		Approval date 2018-07-16, 1397/04/25	
		Ethics committee reference number IR.MUMS.REC.1397.105	
Health conditions studied			
<u>1</u>			
Description of health condition studied Psychological support for teens with cancer			
ICD-10 code F09			
ICD-10 code description Unspecified mental disorder due to known physiological condition			
Primary outcomes			
<u>1</u>			
Description Self-efficacy score in the muris questionnaire. Self-concept score in Piers-Harris questionnaire.			
Timepoint At the beginning of the study, at the end of the study and one month after the completion of the study			
Method of measurement Self-efficacy in the muris questionnaire. Self-concept in Piers-Harris questionnaire.			
Secondary outcomes			
<u>1</u>			
Description Score questionnaire for coping with stress (Lazarus and Folk man)			
Timepoint At the beginning and the end of the study and one month after the completion of the study			
Method of measurement Questionnaire on coping strategies with stress (Lazarus and Folk man)			
Intervention groups			
<u>1</u>			
Description			
Effect of Problem Solving Skills Training on Self Efficacy and Self-Concept of Adolescent with Cancer			
Public title Effect of Problem Solving Skills Training on Self Efficacy and Self-Concept of Adolescent with Cancer			
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Age From 11 years old to 15 years old			
Gender Both			
Phase N/A			
Groups that have been masked <i>No information</i>			
Sample size Target sample size: 60			
Randomization (investigator's opinion) Randomized			
Randomization description At first, adolescents are grouped according to type of cancer, treatment, duration of Getting Cancer and treatments, and then assigned to the intervention or control group by flip the coin			
Blinding (investigator's opinion) Not blinded			
Blinding description			
Placebo Not used			
Assignment Parallel			
Other design features			
Secondary Ids empty			
Ethics committees			
<u>1</u>			
Ethics committee			

Intervention group: This study has only one intervention group, which is adolescents with cancer, which holds seven individual sessions of a one-hour problem solving session each week for two sessions. All tutorials are based on the problem solving method of D'Zurilla and Nezu. In the end, self-efficacy and self-concept variables are also measured.

Category

Behavior

2

Description

Control group: This study has a control group that is also adolescents with cancer, but there is no intervention from the researcher, and only the routine hospital care for them will be carried out and they must be committed within Study activities outside the routine care of the hospital and inform them if they need to leave the study. In the end, self-efficacy and self-concept variables are also measured.

Category

Behavior

Recruitment centers

1

Recruitment center

Name of recruitment center

Dr Sheikh Hospital

Full name of responsible person

Hamid Reza Behnam Vashani

Street address

School of Nursing, Ebne Sina Str

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asgaria951@mums.ac.ir

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Mashhad University of Medical Sciences

Full name of responsible person

Mohsen Tafaghodi

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Daneshgah Street. Ghoreishi Building

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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

Ali Askari

Position

Ms.C Student

Latest degree

Bachelor

Other areas of specialty/work

Nursery

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Person responsible for updating data**Contact****Name of organization / entity**

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Full name of responsible person

Ali Askari

Position

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Latest degree

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Other areas of specialty/work

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Street address

School of Nursing, Ebne Sina Str

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

No - There is not a plan to make this available

Justification/reason for indecision/not sharing IPD

There is no further information

Study Protocol

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

Statistical Analysis Plan

No - There is not a plan to make this available

Informed Consent Form

No - There is not a plan to make this available

Clinical Study Report

Undecided - It is not yet known if there will be 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