

Clinical Trial Protocol

Iranian Registry of Clinical Trials

04 Aug 2026

The effect of training based on planned pattern of behavior on aggression in adolescents aged 13-15

Protocol summary

Study aim

Designing, implementing and evaluating an interventional program on aggressive behaviors among high school students in Mashhad

Design

The design of the study is in two stages: interventional and analytical descriptive. The sample size of 90 aggressive male students is subject to entry requirements. Coin throwing is divided into two groups of intervention and control.

Settings and conduct

Interventions to prevent and reduce aggression in the city of Mashhad and in the school environment. Participants are randomly divided into two intervention and control groups without knowledge and knowledge. Interventions will be provided in the intervention group.

Participants/Inclusion and exclusion criteria

Conscious Satisfaction of Students and Their Parents to Participate in the Study Aged 15-13 years old Sex boy Living with parents The ability to communicate verbally Studying in high school Earn 8/7 or higher score from Bass & Perry Aggression Questionnaire The absence of major acute or chronic mental or psychiatric illnesses, according to either the parent or the parent, and the referral to the mental health record approved by the health officer.

Intervention groups

Intervention group: Male students with high aggression levels who receive interventions to reduce aggression. Control group of male students with high aggression levels that do not receive any intervention.

Main outcome variables

Verbal aggression, physical aggression, anger, hostility, consciousness, attitude, abstract norms, intent, behavior

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20180813040780N1**

Registration date: **2018-10-13, 1397/07/21**

Registration timing: **registered_while_recruiting**

Last update: **2018-10-13, 1397/07/21**

Update count: **0**

Registration date

2018-10-13, 1397/07/21

Registrant information

Name

Mohadese Salari dehreis

Name of organization / entity

Country

Iran (Islamic Republic of)

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+98 51 3882 8299

Email address

salaridm951@mums.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2018-09-23, 1397/07/01

Expected recruitment end date

2018-11-21, 1397/08/30

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of training based on planned pattern of behavior on aggression in adolescents aged 13-15

Public title

Effectiveness of an interventional program on aggressive behaviors in adolescents aged 13 to 15

Purpose
Education/Guidance

Inclusion/Exclusion criteria
Inclusion criteria:
Conscious Satisfaction of Students and Parents with Participation in Intervention Living with parents The ability to communicate verbally Earn score of 77/8 or more from bass and perry aggression questionnaire The absence of acute or chronic physical or mental illness Ages ranging from 15 to 13 years old
Exclusion criteria:
Presence of acute or chronic physical or mental illness confirmed by a doctor

Age
From **13 years** old to **15 years** old

Gender
Male

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **90**
More than 1 sample in each individual
Number of samples in each individual: **45**
45 persons in the intervention group and 45 in the control group

Randomization (investigator's opinion)
Randomized

Randomization description
Two boys 'state schools will be available in terms of roughly similar terms (geographic location, student numbers and teachers' status). After explaining the goal to the parents and obtaining the written consent of the researcher from their students and their parents, two schools will be randomly assigned to two intervention and control groups through throwing coins (control group milk and intervention group line).

Blinding (investigator's opinion)
Not blinded

Blinding description

Placebo
Not used

Assignment
Other

Other design features
In this study, a model of planned behavior will be used to study the components of a comprehensive school aggression prevention approach.

Secondary Ids

empty

Ethics committees

1

Ethics committee
Name of ethics committee

The Ethics Committee of Mashhad University of Medical Sciences

Street address

Faculty of Nursing and Midwifery, Ibn Sina Avenue, Ph.D., Mashhad, Iran

City

Mashhad

Province

Razavi Khorasan

Postal code

9137913199

Approval date

2018-08-23, 1397/06/01

Ethics committee reference number

IR.MUMS.REC.1397.064

Health conditions studied

1

Description of health condition studied

Aggression

ICD-10 code

F91.2

ICD-10 code description

Conduct disorder, adolescent-onset type

Primary outcomes

1

Description

Earn at least a score of 77.8 from the Bass & Perry Aggression Questionnaire

Timepoint

Before starting the study, immediately and one month after the intervention

Method of measurement

Bass & Perry Aggression Questionnaire

Secondary outcomes

1

Description

Verbal aggression

Timepoint

Before the intervention, immediately after the intervention, one month after the intervention

Method of measurement

Bass & Perry Aggression Questionnaire

2

Description

Physical aggression

Timepoint

Before the intervention, immediately after the intervention, one month after the intervention

Method of measurement

Bass & Perry Aggression Questionnaire

3

Description

Anger

Timepoint

Before the intervention, immediately after the intervention, one month after the intervention

Method of measurement

Bass & Perry Aggression Questionnaire

4

Description

Hostility

Timepoint

Before the intervention, immediately after the intervention, one month after the intervention

Method of measurement

Bass & Perry Aggression Questionnaire

5

Description

Awareness

Timepoint

Before the intervention, immediately after the intervention, one month after the intervention

Method of measurement

Structure Theory of Planned Behavior

6

Description

Attitude

Timepoint

Before the intervention, immediately after the intervention, one month after the intervention

Method of measurement

Structure Theory of Planned Behavior

7

Description

Abstract norms

Timepoint

Before the intervention, immediately after the intervention, one month after the intervention

Method of measurement

Structure Theory of Planned Behavior

8

Description

Intent

Timepoint

Before the intervention, immediately after the intervention, one month after the intervention

Method of measurement

Structure Theory of Planned Behavior

9

Description

Behavior

Timepoint

Before the intervention, immediately after the intervention, one month after the intervention

Method of measurement

Structure Theory of Planned Behavior

Intervention groups

1

Description

Intervention group: Educational sessions based on the results obtained from the completion of the questionnaire of the structured models of planned behavior in the intervention group, educational program based on the pattern of planned behavior in the intervention group, group sessions, lectures and group discussions, and in groups of 10, educational booklet

Category

Behavior

2

Description

Control group: This group does not receive any intervention.

Category

N/A

Recruitment centers

1

Recruitment center**Name of recruitment center**

Secondary high schools of the first level of Mashhad city

Full name of responsible person

Mohaddeseh Salari

Street address

University College, Ph.D., Ibn Sina Avenue, Nursing and Midwifery Faculty

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Web page address

Sponsors / Funding sources

1

Sponsor**Name of organization / entity**

Mashhad University of Medical Sciences

Full name of responsible person

Masoud Zare

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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

Mohaddeseh Salari

Position

Masters Student

Latest degree

Bachelor

Other areas of specialty/work

Nursery

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

Mashhad University of Medical Sciences

Full name of responsible person

Mohadese Salari dehreis

Position

Student

Latest degree

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Other areas of specialty/work

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

Mashhad University of Medical Sciences

Full name of responsible person

Mohaddeseh Salari

Position

Masters Student

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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

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

Statistical Analysis Plan

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

Informed Consent Form

Undecided - It is not yet known if there will be 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

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