Clinical Trial Protocol
Iranian Registry of Clinical Trials

06 Nov 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)
Phone
+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
re 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
City
Mashhad
Province
Razavi Khorasan
Postal code
9137913199
Phone
+98 51 3859 1511
Fax
Email
Salaridm951@mums.ac.ir
Web page address

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Mashhad University of Medical Sciences

Full name of responsible person
Masoud Zare
Street address
University of Nursing, Ph.D. Ave., Avicenna Street, Faculty of Nursing and Midwifery
City
Mashhad
Province
Razavi Khorasan
Postal code
9137913199
Phone
+98 51 3859 8018
Email
Zaremd@mums.ac.ir

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
Street address
University of Ave., Ph.D. Course, Avicenna Street, Faculty of Nursing and Midwifery9
City
Mashhad
Province
Razavi Khorasan
Postal code
9137913199
Phone
+98 51 3859 1511
Email
Salaridm951@mums.ac.ir

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
Bachelor
Other areas of specialty/work
Nursery
Street address
University of Nursing, Ph.D. Ave., Avicenna Street, Faculty of Nursing and Midwifery9
City
Mashhad
Province
Razavi Khorasan
Postal code
9137913199
Phone
+98 51 3859 1511
Fax
Email
salaridm951@mums.ac.ir

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
Latest degree
Bachelor
Other areas of specialty/work
Nursery
Street address
University of Ave., Ph.D. Course, Avicenna Street, Faculty of Nursing and Midwifery
City
Mashhad
Province
Razavi Khorasan
Postal code
9137913199
Phone
+98 51 3859 1511
Email
Salaridm951@mums.ac.ir

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