

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

28 Jun 2026

### The Effectiveness of Cognitive-Behavioral Stress Management education on the improvement of self efficacy and academic Stress Caused by Personal and Parental Expectations among High School Students of Jiroft, in 2018.

#### Protocol summary

##### Study aim

Determining the Effect of Cognitive-Behavioral Stress Management Training on Self-Efficacy and Academic Stress Caused by Personal Expectations and Parents' Expectations in Secondary School Students in Second Secondary Schools of Jirfot city Schools in the Year 2018

##### Design

60 people with low self-efficacy and high academic stress are selected. They were randomly divided into two groups without a researcher's knowledge of the two groups. The group is an intervention group and the second group is the control group.

##### Settings and conduct

This study was conducted in a group of ten ten-minute sessions on cognitive-behavioral management in Jiroft city. And the researcher did not have any information about the type of study group.

##### Participants/Inclusion and exclusion criteria

Entry requirements: 1) Second year Secondary students 2) Students with low self-efficacy score and high academic stress score. Exit terms: 1) Having a history of physical and psychiatric problems 2) History of attending similar training courses

##### Intervention groups

. The research community will be composed of eligible third-year students of secondary education. Demographic characteristics, Ang and Hahn's stress tests and Morris self-efficacy questionnaire will be used to collect information. Students with low self-efficacy and high stress levels are randomly selected and matched in two groups of control and testing. The test group is then given ten training sessions on cognitive and behavioral stress management. The control group will not receive any training.

##### Main outcome variables

1) Cognitive - Behavioral Management 2) Self Efficacy 3)

Academic stress

#### General information

##### Reason for update

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT20181015041352N1**

Registration date: **2018-11-12, 1397/08/21**

Registration timing: **retrospective**

Last update: **2018-11-12, 1397/08/21**

Update count: **0**

##### Registration date

2018-11-12, 1397/08/21

##### Registrant information

##### Name

fazel ebrahimi

##### Name of organization / entity

##### Country

Iran (Islamic Republic of)

##### Phone

+98 34 4327 4086

##### Email address

f.ebrahimi@kmu.ac.ir

##### Recruitment status

**Recruitment complete**

##### Funding source

##### Expected recruitment start date

2018-09-26, 1397/07/04

##### Expected recruitment end date

2018-10-16, 1397/07/24

##### Actual recruitment start date

empty

**Actual recruitment end date**

empty

**Trial completion date**

empty

**Scientific title**

The Effectiveness of Cognitive-Behavioral Stress Management education on the improvement of self efficacy and academic Stress Caused by Personal and Parental Expectations among High School Students of Jiroft, in 2018.

**Public title**

The Effectiveness of Cognitive-Behavioral Stress Management education on the improvement of self efficacy and academic Stress Caused by Personal and Parental of student

**Purpose**

Education/Guidance

**Inclusion/Exclusion criteria****Inclusion criteria:**

Second year Secondary students Students with low self-efficacy score and high academic stress score

**Exclusion criteria:**

Having a history of physical and psychiatric problems  
History of attending similar training courses  
Absenteeism of more than two sessions in training classes

**Age**

No age limit

**Gender**

Male

**Phase**

N/A

**Groups that have been masked**

- Investigator
- Data analyser

**Sample size**

Target sample size: **60**

**Randomization (investigator's opinion)**

Randomized

**Randomization description**

Simple randomization using random numbers.The method of randomization is clustered.The software for randomization is the spss.

**Blinding (investigator's opinion)**

Single blinded

**Blinding description**

The researcher did not have any knowledge of the two groups in gathering information and recording them

**Placebo**

Not used

**Assignment**

Other

**Other design features****Secondary Ids**

empty

**Ethics committees****1****Ethics committee****Name of ethics committee**

Ethics Committee of Kerman University of Medical Sciences

**Street address**

Haft bagh Blvd

**City**

Kerman

**Province**

Kerman

**Postal code**

76616913555

**Approval date**

2018-07-29, 1397/05/07

**Ethics committee reference number**

IR.Kmu.REC.1397.160

**Health conditions studied****1****Description of health condition studied**

Cognitive-Behavioral Management.Self Efficacy.Academic stress

**ICD-10 code****ICD-10 code description****Primary outcomes****1****Description**

Percentage of people who have low self-efficacy score.

**Timepoint**

Before the intervention begins And one month after the end of the intervention

**Method of measurement**

Morris Self-efficacy Questionnaire

**2****Description**

The percentage of people who have high academic stress score.

**Timepoint**

Before the intervention begins And one month after the end of the intervention.

**Method of measurement**

Ange & Hone Study Stress Questionnaire

**Secondary outcomes**

empty

**Intervention groups**

## 1

### Description

"Intervention group:" 30 of those who have low self-efficacy scores and high stress scores are trained in cognitive behavioral management workshops in ten sessions of 90 minutes.

### Category

Behavior

## 2

### Description

Control group: 30 people who do not receive any training but are taken with the pre-test and post-test intervention group

### Category

Behavior

## Recruitment centers

## 1

### Recruitment center

#### Name of recruitment center

High School Schools in Jiroft City

#### Full name of responsible person

FazelEbrahimi

#### Street address

Haft Bagh Blvd

#### City

Kerman

#### Province

Kerman

#### Postal code

76616913555

#### Phone

+98 34 4327 4086

#### Fax

#### Email

f.ebrahimi@kmu.ac.ir

## Sponsors / Funding sources

## 1

### Sponsor

#### Name of organization / entity

Kerman University of Medical Sciences

#### Full name of responsible person

Fazel Ebrahimi

#### Street address

Haft Bagh Blvd

#### City

Kerman

#### Province

Kerman

#### Postal code

76616913555

#### Phone

+98 34 4327 4086

#### Email

f.ebrahimi@kmu.ac.ir

### Grant name

### Grant code / Reference number

### Is the source of funding the same sponsor organization/entity?

Yes

### Title of funding source

Kerman 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

Kerman University of Medical Sciences

#### Full name of responsible person

Fazel Ebrahimi

#### Position

student master of science

#### Latest degree

Bachelor

#### Other areas of specialty/work

Nursery

#### Street address

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## Person responsible for scientific inquiries

### Contact

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Kerman University of Medical Sciences

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Fazel ebrahimi

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student of master

#### Latest degree

Bachelor

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Kerman University of Medical Sciences

**Full name of responsible person**

Fazel Ebrahimi

**Position**

student of master

**Latest degree**

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**Other areas of specialty/work**

Nursery

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**City**

Kerman

**Province**

Kerman

**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**

No more information

**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**

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**

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