

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 Jiroft 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 first 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

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Kerman University of Medical Sciences

Full name of responsible person

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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

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

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Person responsible for scientific inquiries

Contact

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Full name of responsible person

Fazel ebrahimi

Position

student of master

Latest degree

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Person responsible for updating data

Contact

Name of organization / entity
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Full name of responsible person
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Position
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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