

Clinical Trial Protocol

Iranian Registry of Clinical Trials

25 Jun 2026

Design, implementation and evaluation of the effect of educational intervention program based on Social cognitive Theory on self- esteem among female adolescence in birjand

Protocol summary

Study aim

Determining the effect of educational intervention on the theory of life skills on self-esteem of 14-12 year old girls

Design

pre and post test control group design

Settings and conduct

The study will be conducted in Birjand and the target group will be 12-14 girls. Two schools in one area were randomly selected. At random, a school was selected as the control group and the other was the intervention. The lesson was taught based on the plan.

Participants/Inclusion and exclusion criteria

Age 12-14 , consent , studying in public schools , earn 50% or less score in self -esteem scale

Intervention groups

In the intervention group, based on the lesson plan and educational content, several training sessions on stress management and anger control skills are given based on social cognitive theory. also a notepad containing instructional messages and instruction booklets is given to individuals, and implement an educational session For parents. In the control group, implement an educational session about stress management and anger control skills

Main outcome variables

self- esteem

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20181031041514N1**

Registration date: **2018-11-18, 1397/08/27**

Registration timing: **prospective**

Last update: **2018-11-18, 1397/08/27**

Update count: **0**

Registration date

2018-11-18, 1397/08/27

Registrant information

Name

Fatemeh Baghernezhad hesary

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 51 3760 0215

Email address

ftbagher@gmail.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2018-11-20, 1397/08/29

Expected recruitment end date

2018-11-22, 1397/09/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Design, implementation and evaluation of the effect of educational intervention program based on Social cognitive Theory on self- esteem among female adolescence in birjand

Public title

The effect of educational intervention on self- esteem

Purpose

Education/Guidance

Inclusion/Exclusion criteria

Inclusion criteria:

Studying in public schools consent Earn 50% or less score in self- esteem scale 12-14 years old

Exclusion criteria:

History of mental disorders Speech and hearing disorders not living with family drug use or psychotropic drugs

Age

From **12 years** old to **14 years** old

Gender

Female

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **37**

Randomization (investigator's opinion)

Randomized

Randomization description

The first 2nd secondary school is selected from a district of the city. Then, from among the two schools, a school is randomly selected as an intervention, and another school is selected as a control

Blinding (investigator's opinion)

Not blinded

Blinding description

Placebo

Not used

Assignment

Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Institutional Research Ethics committee school of public health - shahid Sadoughi university of Medi

Street address

School of public health shahid Sadougi university of Medical sciences,Shohadaye Gomnam Blvd, Alem square

City

Yazd

Province

Yazd

Postal code

8915173160

Approval date

2018-06-17, 1397/03/27

Ethics committee reference number

IR.SSU.SPH.REC.1397.037

Health conditions studied

1

Description of health condition studied

stress

ICD-10 code

F43

ICD-10 code description

Reaction to severe stress, and adjustment disorders

2

Description of health condition studied

self-esteem

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description

self- esteem

Timepoint

Before starting the study , 2 months after the intervention

Method of measurement

Rosenberg scale

Secondary outcomes

1

Description

Knowledge

Timepoint

Before studying , 2 Months after Intervention

Method of measurement

questioner

2

Description

Attitude

Timepoint

Before studying , 2 months after intervention

Method of measurement

questioner

3

Description

expectancy outcome

Timepoint

before studying , 2 months after intervention

Method of measurement

questioner

4

Description

self-efficacy

Timepoint

before studying , 2 Months after intervention

Method of measurement

questioner

5

Description

Environment

Timepoint

Before studying , 2 months after intervention

Method of measurement

questioner

Intervention groups

1

Description

Intervention group: Training stress management skill in 5 sessions, Provide a booklet and notepad containing a message .

Category

Lifestyle

2

Description

Control group: life skills training session receives.

Category

Lifestyle

Recruitment centers

1

Recruitment center

Name of recruitment center

Barkat school

Full name of responsible person

Mrs Razavi

Street address

NO 13 Salmane farsi, Valiasr Ave, Mehe shahr Blvd, Birjand city

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2

Recruitment center

Name of recruitment center

Mohsen Kargar school

Full name of responsible person

Mrs Mayaabady

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Yazd University of Medical Sciences

Full name of responsible person

Mr Masode Mirzaye Dr

Street address

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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

Yazd 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

2

Sponsor

Name of organization / entity

Yazd University of Medical Sciences

Full name of responsible person

Mr Masode Mirzaye Dr

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Email

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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

Yazd 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

Yazd University of Medical Sciences

Full name of responsible person

Bibi Fatemeh Baghernezhad hesary

Position

Phd student

Latest degree

Master

Other areas of specialty/work

Health Promotion

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Person responsible for scientific inquiries

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Person responsible for updating data

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Latest degree

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Email

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Sharing plan

Deidentified Individual Participant Data Set (IPD)

Yes - There is a plan to make this available

Study Protocol

Yes - There is a plan to make this available

Statistical Analysis Plan

Yes - There is a plan to make this available

Informed Consent Form

Yes - There is a plan to make this available

Clinical Study Report

Yes - There is a plan to make this available

Analytic Code

Yes - There is a plan to make this available

Data Dictionary

Yes - There is a plan to make this available

Title and more details about the data/document

outcome variables ,s data can be shared

When the data will become available and for how long

Access to data 6 months after printing results

To whom data/document is available

Researcher

Under which criteria data/document could be used

Use the questionnaire with the source , Use results with source

From where data/document is obtainable

Send email to responsible person, Contact to Yazd University of Medical Sciences

What processes are involved for a request to access data/document

Send the request by email to the responsible person, Coordination with Yazd University of Medical Sciences by the responsible

Comments