

# 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  
**City**  
Birjand  
**Province**  
South Khorasan  
**Postal code**  
9719853108  
**Phone**  
+98 56 3230 2003  
**Email**  
ftbagher@gmail.com

**2**

**Recruitment center**  
**Name of recruitment center**  
Mohsen Kargar school  
**Full name of responsible person**

Mrs Mayaabady  
**Street address**  
salman street , Mehrshahr Blvd , Birjand city  
**City**  
Birjand  
**Province**  
South Khorasan  
**Postal code**  
9719853108  
**Phone**  
+98 56 3230 2309  
**Email**  
ftbagher@gmail.com

## 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**  
Bahonar Square , Yazd  
**City**  
Yazd  
**Province**  
Yazd  
**Postal code**  
3537263732  
**Phone**  
+98 35 3726 3733  
**Fax**  
+98 35 3726 3732  
**Email**  
info@ssu.ac.ir  
**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

**Street address**

Bahonar Square

**City**

Yazd

**Province**

Yazd

**Postal code**

353763732

**Phone**

+98 35 3726 3733

**Email**

Info@ssu.ac.ir

**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

**Street address**

No 41,Motahary 12& 14 , Motahary Street

**City**

Yazd

**Province**

Yazd

**Postal code**

9714664795

**Phone**

+98 56 5223 4096

**Email**

ftbagher@gmail.com

## Person responsible for scientific inquiries

**Contact**

**Name of organization / entity**

Yazd University of Medical Sciences

**Full name of responsible person**

Mohammad Ali Morowati

**Position**

professor

**Latest degree**

Ph.D.

**Other areas of specialty/work**

Health Promotion

**Street address**

Alem square , Yazd Medical university

**City**

Yazd

**Province**

Yazd

**Postal code**

9714664795

**Phone**

+98 35 3821 1450

**Email**

Morowatisharif@yahoo.com

## Person responsible for updating data

**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

**Street address**

No 41,Motahary 12& 14 , Motahary Street

**City**

Yazd

**Province**

Yazd

**Postal code**

9714664795

**Phone**

+98 56 5223 4096

**Email**

ftbagher@gmail.com

## 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**