

Clinical Trial Protocol

Iranian Registry of Clinical Trials

16 Sep 2026

Effect of Assertiveness Training Program on Self-esteem and Interpersonal Communication of Nursing Students

Protocol summary

Study aim

this study tries to specify the effect of assertive-training based intervention program on self-esteem and interpersonal relationships among nursing students at Khoy Faculty of Medical Sciences.

Design

The clinical trial with parallel groups, not blinded, randomized

Settings and conduct

Prior to the intervention, pre-test was given to the both groups. Then an intervention-training program was conducted. The sessions were for six weeks, weekly, and each session for 1.5 hours. To train the independent variable, assertiveness-training program, the researcher used lectures along questions and answers. The content and curriculum were designed to better the capabilities and skills of the intervention group. Considering this, the skill of assertiveness and self-expression were as the main content of the curriculum prepared according to the texts contained in the articles and life skills training books.

Participants/Inclusion and exclusion criteria

3.3. Sampling method Considering the inclusion criteria of the study, 60 students entered the study by simple random sampling method. Then, they were randomly assigned to intervention (30 subjects) and control (30 subjects) groups. 4.3. Inclusion and exclusion criteria The inclusion criteria were: 1. Study in the 5th and 7th terms 2. Lack of participation in assertiveness training classes 3. Lack of psychological illness (non-use of psychiatric drugs) The exclusion criteria were: 1. Lack of willingness to continue to attend the study 2. Absence from the training sessions for more than one session

Intervention groups

The first group consisted of 30 nursing students who were categorized under an intervention assertiveness training. The second group included 30 nursing students who were not in control group and did not receive intervention

Main outcome variables

self esteem interpersonal communication

General information

Reason for update

Acronym

ABIT

IRCT registration information

IRCT registration number: **IRCT20181029041498N1**

Registration date: **2018-11-17, 1397/08/26**

Registration timing: **retrospective**

Last update: **2018-11-17, 1397/08/26**

Update count: **0**

Registration date

2018-11-17, 1397/08/26

Registrant information

Name

Maryam Amani

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 44 3636 1664

Email address

khrami.abdolah@gmail.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2017-09-23, 1396/07/01

Expected recruitment end date

2018-01-20, 1396/10/30

Actual recruitment start date

2017-09-23, 1396/07/01

Actual recruitment end date

2018-03-11, 1396/12/20
Trial completion date
 2018-06-20, 1397/03/30

Scientific title
 Effect of Assertiveness Training Program on Self-esteem and Interpersonal Communication of Nursing Students

Public title
 Self-esteem and Interpersonal Communication Skills in Nursing Students: The Effect of Assertiveness-based Intervention Program

Purpose
 Education/Guidance

Inclusion/Exclusion criteria
Inclusion criteria:
 Study in the 5th and 7th terms 2. Lack of participation in assertiveness training classes 3. Lack of psychological illness (non-use of psychiatric drugs)
Exclusion criteria:
 1. Lack of willingness to continue to attend the study 2. Absence from the training sessions for more than one session

Age
 No age limit

Gender
 Both

Phase
 N/A

Groups that have been masked
No information

Sample size
 Target sample size: **60**
 Actual sample size reached: **60**

Randomization (investigator's opinion)
 Randomized

Randomization description
 The assignment method to the groups was random. In this way, we place 30 A cards and 30 B cards in the envelope and mix them thoroughly (A represents the intervention group and B represents the control group), each person who has the conditions to enter the study has one Take out the cards and go into the study.

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

Ethics Committee of urmia University of Medical Sciences
Street address
 Central Headquarters of Urmia University of Medical Sciences,Organs Quarter,Resalat Boulevard,Urmia
City
 urmia
Province
 West Azarbaijan
Postal code
 5714783734
Approval date
 2017-06-15, 1396/03/25
Ethics committee reference number
 lr.umsu.rec.1396.81

Health conditions studied

1

Description of health condition studied
 Low Self Esteem
ICD-10 code
ICD-10 code description

2

Description of health condition studied
 Interpersonal Communication Problem
ICD-10 code
ICD-10 code description

Primary outcomes

1

Description
 Self Esteem
Timepoint
 Before Intervention and 1 Month After Intervention
Method of measurement
 Self Esteem Scale

2

Description
 Interpersonal Communication Scale
Timepoint
 Before Intervention and 1 Month After Intervention
Method of measurement
 Interpersonal Communication Scale

Secondary outcomes

empty

Intervention groups

1

Description
 Intervention group: First, before the intervention, the

pre-test was performed from both groups of intervention and control. Then an educational intervention took place. Meetings are held in the form of a 6-week weekly session. In order to teach an independent variable, which is a decisive instructional program, the researcher used lectures along with questions and answers. The content and educational program were designed with the aim of increasing the capabilities and skills of the intervention group. One month later, the post-test was done.

Category

Other

2

Description

Control group: This group does not receive any intervention. The difference between the mean of self-esteem and interpersonal communication, pre-test and post-test is measured and compared.

Category

Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Khoy Faculty of Medical Sciences

Full name of responsible person

Abdolah Khorami Marekani

Street address

Faculty of Medical Sciences, Valiasr Ave, Khoy

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Oroumia University of Medical Sciences

Full name of responsible person

Iraj Mohebbi

Street address

Urmia, Resalat Boulevard, Organs Quarter, Urmia

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Mohebbi_iraj@yahoo.co.uk

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Oroumia 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

Oroumia University of Medical Sciences

Full name of responsible person

Abdolah Khorami Marekani

Position

Associate Professor

Latest degree

Ph.D.

Other areas of specialty/work

Nursery

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Person responsible for scientific inquiries

Contact

Name of organization / entity

Oroumia University of Medical Sciences

Full name of responsible person

Maryam Amani Markid

Position

Student of Master of Psychiatric Nursing

Latest degree

Bachelor

Other areas of specialty/work

Nursery

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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

The whole data will be shared after being unidentifiable

When the data will become available and for how long

Start the access period 6 months after printing the results

To whom data/document is available

Researchers working in academic and academic institutions

Under which criteria data/document could be used

The data is available to the researchers in the form of a printed article. Other researchers from the research team are allowed to use the data.

From where data/document is obtainable

Abdollah Khorami Marekani Khorami.abdollah@gmail.com

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

You will send your request to Mr. Abdollah Khorami Marekani, who will then submit your application after reviewing your request within 10 days.

Comments**Person responsible for updating data****Contact****Name of organization / entity**

Oroumia University of Medical Sciences

Full name of responsible person

Maryam Amani Markid

Position

Master Student of Psychiatric Nursing

Latest degree

Bachelor

Other areas of specialty/work

Nursery

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