

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

22 Jun 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 steem 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

khorami.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

**City**

Urmia

**Province**

West Azarbaijan

**Postal code**

5346458167

**Phone**

+98 44 3626 9219

**Email**

khorami.abdolah@gmail.com

**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

University of Medical Sciences Urmia Western

Azerbaijan Iran, Islamic Republic Of

**City**

urmia

**Province**

West Azarbaijan

**Postal code**

5714783734

**Phone**

+98 44 3223 4897

**Email**

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

**Street address**

Valiasr Street. Khoy Faculty of Medical Sciences

**City**

Khoy

**Province**

West Azarbaijan

**Postal code**

53464-58167

**Phone**

+98 44 3626 9219

**Email**

khorami.abdolah@gmail.com

**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

**Street address**

Faculty of Nursing And Midwifery, Pardis Nazlou, 11 Km Road Sero

**City**

Urmia

**Province**

West Azarbaijan

**Postal code**

5551338335

**Phone**

+98 44 3275 4961

**Email**

amanimaryam10@gmail.com

**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

**Street address**

Faculty of Nursing and Midwifery, Pardis Nazlou, 11 Km Road Sero

**City**

urmia

**Province**

West Azarbaijan

**Postal code**

5346458167

**Phone**

+98 44 3626 9219

**Email**

amanimaryam10@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**

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.abdolah@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**