

Clinical Trial Protocol

Iranian Registry of Clinical Trials

16 Sep 2026

Effectiveness problem solving skills and assertiveness teaching on Self-esteem and mental health in primary schools girls students

Protocol summary

Study aim

Effectiveness problem solving skills and assertiveness teaching on Self-esteem and mental health in primary schools girls students

Design

Clinical trials have a control group with parallel and randomized groups.

Settings and conduct

Among the girls' schools in the city of Isfahan, several schools will be randomly selected, and after obtaining permission from the school principal and informing students and their parents, if desired, 90 eligible students will be eligible. A random selection will be made of which 30 of them will be randomly assigned to the intervention group using the lottery and will receive six sessions of problem solving and expressing skills training in the presence of the principal at a scheduled appointment by the researcher.

Participants/Inclusion and exclusion criteria

Inclusion criteria: Conscious Consent to Participate in Study by Student and Parents Non-Inclusion criteria: Participate in other psychological programs during the intervention period History of psychiatric use or history of mental illness Unwillingness to participate in the study

Intervention groups

The 90 samples will be randomly divided into two groups of 30 test subjects and 60 controls. A training session will be conducted for the intervention group, and three sessions of the first session before the training, the last session after the training and three months After the last training session, 28 GHQ questionnaires are completed for coprasmith self-esteem and mental health. The control group did not have a questionnaire, and the questionnaires for them will be completed simultaneously with the intervention group and in the routine classes of the schools.

Main outcome variables

Self-esteem; mental health.

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20171230038142N9**

Registration date: **2019-07-07, 1398/04/16**

Registration timing: **registered_while_recruiting**

Last update: **2019-07-07, 1398/04/16**

Update count: **0**

Registration date

2019-07-07, 1398/04/16

Registrant information

Name

Khosro Tavakol

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 31 3792 9134

Email address

tavakol@nm.mui.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2019-06-13, 1398/03/23

Expected recruitment end date

2019-07-14, 1398/04/23

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effectiveness problem solving skills and assertiveness teaching on Self-esteem and mental health in primary schools girls students

Public title
Effectiveness problem solving skills and assertiveness teaching on Self-esteem and mental health

Purpose
Education/Guidance

Inclusion/Exclusion criteria
Inclusion criteria:
 Conscious Consent to Participate in Study by Student and Parents
Exclusion criteria:
 Participate in other psychological programs during the intervention period History of psychiatric use or history of mental illness Unwillingness to participate in intervention

Age
From **10 years** old to **13 years** old

Gender
Female

Phase
2-3

Groups that have been masked
No information

Sample size
Target sample size: **90**

Randomization (investigator's opinion)
Randomized

Randomization description
Samples will be selected randomly, by drawing, from the number of students who have criteria for entry into the study. Then 90 randomly selected samples will be divided into two groups of 30 intervention and 60 controls.

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 Isfahan University of Medical Sciences

Street address

Isfahan University of Medical Sciences, Hezar Jarib Ave.

City

Isfahan

Province
Isfahan

Postal code
81746-73461

Approval date
2019-06-12, 1398/03/22

Ethics committee reference number
IR.MUI.MED.REC.1398.130

Health conditions studied

1

Description of health condition studied

Self-esteem

ICD-10 code

Z61.3

ICD-10 code description

Events resulting in loss of self-esteem in childhood

2

Description of health condition studied

mental health

ICD-10 code

Z00.4

ICD-10 code description

General psychiatric examination, not elsewhere classified

Primary outcomes

1

Description

Self-esteem

Timepoint

Coprasmith self-esteem questionnaire

Method of measurement

Before the start of the training intervention, immediately after the last training session, three months after the end of the intervention training sessions

2

Description

mental health

Timepoint

Before the start of the training intervention, immediately after the last training session, three months after the end of the intervention training sessions

Method of measurement

Mental health questionnaire 28 GHQ

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: 30 randomly selected elementary school students and six sessions with problem solving and expressing skills concepts will be conducted for them, and three sessions of the first session before the training, the last session after the training and three months after the training. The last session of the training on coprasmith self-esteem and GHQ 28 questionnaires will be completed by these students.

Category

Lifestyle

2**Description**

Control group: 60 schoolchildren who will be randomly selected and will not receive any training, and completion of questionnaires will be conducted simultaneously with the intervention group and in routine school classroom sessions.

Category

Diagnosis

Recruitment centers**1****Recruitment center****Name of recruitment center**

Elementary school girls in Isfahan

Full name of responsible person

Parastoo Golshiri

Street address

Isfahan University of Medical Sciences, Hazar Jarib Street

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Email

golshiri@hith.mui.ac.ir

Sponsors / Funding sources**1****Sponsor****Name of organization / entity**

Esfahan University of Medical Sciences

Full name of responsible person

Ziba FarajZadegan

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Research Assistant, School of Medicine, Isfahan University of Medical Sciences, Hezar Jarib Street.

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dean@med.mui.ac.ir

Grant name**Grant code / Reference number****Is the source of funding the same sponsor organization/entity?**

Yes

Title of funding source

Esfahan 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**

Esfahan University of Medical Sciences

Full name of responsible person

Parastoo Golshiri

Position

Associate Professor

Latest degree

Specialist

Other areas of specialty/work

Public Health/Community Medicine

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Person responsible for scientific inquiries**Contact****Name of organization / entity**

Esfahan University of Medical Sciences

Full name of responsible person

Parastoo Golshiri
Position
Associate Professor
Latest degree
Specialist
Other areas of specialty/work
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Person responsible for updating data

Contact

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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

All results are unpublished after two years after the results are published.

When the data will become available and for how long

two years after the results are published.

To whom data/document is available

Doctors, psychologists, psychiatrists and social medicine

Under which criteria data/document could be used

To compare existing conditions with new conditions or comparing girls' education with boys

From where data/document is obtainable

Send an e-mail to golshiri@hith.mui.ac.ir and provide a clear statement on the application and permission of the student deputy and research assistant of the medical school of Isfahan University of Medical Sciences.

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

Send an email to golshiri@hith.mui.ac.ir and get permission from the student deputy and research deputy of the medical school of Isfahan University of Medical Sciences.

Comments