

Clinical Trial Protocol

Iranian Registry of Clinical Trials

16 Sep 2026

The Effects of Aggression Replacement Training (ART) on Anger, Antisocial Behaviors and consistency among high school students

Protocol summary

Study aim

The Effect of Aggression Replacement Training (ART) on Anger, consistency, and Antisocial Behaviors among High school students

Design

Two arm parallel group randomized trial with outcome assessment

Settings and conduct

For the test group, training sessions Aggression replacement training in groups among high school students in saggez.

Participants/Inclusion and exclusion criteria

Being secondary school students and Residence in school while researching, the age of participants must be 13-17 years, and having a history of aggression and violence problems in the past year (the student parent, school staffs, or disciplinary files will help us in exploring for that). Student parents divorce, student chronic disease, concurrent mental disorders, participation in similar courses with independent variable in the past or now, use of psychiatric drugs.

Intervention groups

The aggression replacement Training flow chart (ART) will be implemented as 30 session of group training for test group subject. The experimental group includes 15 students with aggression disorder who received 30 training sessions that did not undergo any intervention.

Main outcome variables

Reducing behavioral problems of adolescent violence and aggression

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20150110020629N3**

Registration date: **2020-03-30, 1399/01/11**

Registration timing: **retrospective**

Last update: **2020-03-30, 1399/01/11**

Update count: **0**

Registration date

2020-03-30, 1399/01/11

Registrant information

Name

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 914 919 3686

Email address

o.isanejad@uok.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2019-11-02, 1398/08/11

Expected recruitment end date

2020-01-01, 1398/10/11

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The Effects of Aggression Replacement Training (ART) on Anger, Antisocial Behaviors and consistency among high school students

Public title

Effects of Aggression Replacement Training (ART) on Anger

Purpose

Education/Guidance

Inclusion/Exclusion criteria

Inclusion criteria:

Being school students and Residence in school while researching The age of participants must be 13-17 years Having a history of aggression and violence problems in the past year (the student parent, school staffs, or disciplinary files will help us in exploring for that)

Exclusion criteria:

Student parents divorce Having chronic or sever disease Concurrent mental disorders Participation in similar courses(Psychotherapy) with independent variable in the past or now Use of psychiatric drugs

Age

From **13 years** old to **17 years** old

Gender

Female

Phase

3

Groups that have been masked

No information

Sample size

Target sample size: **30**

Randomization (investigator's opinion)

Randomized

Randomization description

Permuted block randomization design will be used, All participants will be listed between 1-30. The list randomly will be divided into two groups (experiment A or control B) by Graphpad web available in: <https://www.graphpad.com/quickcalcs/randomize1/>

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 University of Kurdistan

Street address

central headquarters, University of Kurdistan.
Pasdaran Ave, Sanandaj, Kurdistan, Iran.

City

sanandaj

Province

Kurdistan

Postal code

۶۶۱۷۷۱۵۱۷۵

Approval date

2019-11-09, 1398/08/18

Ethics committee reference number

IR.UOK.REC.1398.035

Health conditions studied

1

Description of health condition studied

anger

ICD-10 code

R45.4

ICD-10 code description

Irritability and anger

2

Description of health condition studied

Adjustment

ICD-10 code

F43.2

ICD-10 code description

Adjustment disorders

3

Description of health condition studied

Antisocial Behaviors

ICD-10 code

Z72.81

ICD-10 code description

Antisocial behavior

Primary outcomes

1

Description

Anger rate of high school students

Timepoint

Pre-test, Post-test and follow up (Two months after post-test)

Method of measurement

Aggression Questionnaire (AGQ)

2

Description

Antisocial behaviors rate of high school students(RCBQ)

Timepoint

Pre-test, Post-test and follow up (Two months after post-test)

Method of measurement

Rutter Children Behavior Questionnaire(RCBQ)

3

Description

Antisocial behaviors rate of high school students (CBCL)

Timepoint

Pre-test, Post-test and follow up (Two months after post-test)

Method of measurement

Child Behavior Check List(CBCL)

4

Description

academic compatibility rate of high school students (AISS)

Timepoint

Pre-test, Post-test and follow up (Two months after post-test)

Method of measurement

Adjustment Inventory for School Students (AISS)

Secondary outcomes

empty

Intervention groups

1

Description

Intervention Group: The Aggression Replacement Training (ART) includes three modal of skills that are: 1. Social Skills Training 2. Anger control training and 3. Ethics training. The sessions will be based on the 10-weeks protocol of Glick and Gibbs (2011).

Category

Behavior

2

Description

Control group: Any intervention will be not done for control group.

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center

Shahid Chamran School

Full name of responsible person

Zhale Faraji

Street address

Hafez St. Shahid Chamran School

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6681753738

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Email

shahla.ahmadibs@gmail.com

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

University of Kurdistan

Full name of responsible person

Dr Keivan Boland Hemmatan

Street address

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15175-66177

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info@uok.ac.ir

Grant name

Grant code / Reference number

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

Yes

Title of funding source

University of Kurdistan

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

University of Kurdistan

Full name of responsible person

Omid Isanejad

Position

Assistant Professor

Latest degree

Ph.D.

Other areas of specialty/work

Psychology

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Person responsible for scientific inquiries

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Omid Isanejad

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Sharing plan

Deidentified Individual Participant Data Set (IPD)

Undecided - It is not yet known if there will be a plan to make this available

Study Protocol

Undecided - It is not yet known if there will be a plan to make this available

Statistical Analysis Plan

Undecided - It is not yet known if there will be a plan to make this available

Informed Consent Form

No - There is not a plan to make this available

Clinical Study Report

No - There is not a plan to make this available

Analytic Code

No - There is not a plan to make this available

Data Dictionary

No - There is not a plan to make this available

Person responsible for updating data

Contact

Name of organization / entity

University of Kurdistan

Full name of responsible person

Omid Isanejad

Position

Assistant professor