

Clinical Trial Protocol

Iranian Registry of Clinical Trials

06 Jul 2026

The effect of an educational plan on the internet addiction of high-school adolescent girls in Isfahan,1398

Protocol summary

Study aim

Determining the Impact of an Educational Plan on Internet Addiction of Secondary School Girls in Isfahan in the School Year 1398

Design

Upper trial with control group - with randomized parallel groups - with sample size 54

Settings and conduct

The study was conducted in Isfahan Secondary School Girls' Secondary School. The questionnaire was distributed among a large number of students and then randomly selected from 27 individuals with internet addiction score of 49 and randomly divided into 8 sessions. Training compiled with the content of Cognitive Behavioral Therapy and Time Management is provided and will be retested after 2 weeks.

Participants/Inclusion and exclusion criteria

- Teenage girls between 14 and 18 years
- Individuals who are attending public secondary schools in Isfahan.
- The student has Internet access
- Their Internet addiction score is over 49 according to the Yang questionnaire.
- Participants should not be diagnosed with psychiatric illness and not undergo drug therapy.
- Adolescents and their parents' satisfaction with research
- Exclusion skills from the article
- Lack of follow-up by any of the participants or their parents.
- Start using sedatives during research for any reason
- Making peace of mind seeing, studying, and so on while studying
- Absence in at least one meeting
- Change of school during the intervention due to immigration

Intervention groups

Eight training sessions with the content of Cognitive Behavioral Therapy and Time Management-Control group did not have training during the study period.

Main outcome variables

Internet addiction

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20200207046403N1**

Registration date: **2020-02-22, 1398/12/03**

Registration timing: **prospective**

Last update: **2020-02-22, 1398/12/03**

Update count: **0**

Registration date

2020-02-22, 1398/12/03

Registrant information

Name

Fatemeh Joonbakhsh

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 31 3792 7576

Email address

f.joonbakhsh@nm.mui.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2020-02-29, 1398/12/10

Expected recruitment end date

2020-04-19, 1399/01/31

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of an educational plan on the internet addiction of high-school adolescent girls in Isfahan,1398

Public title

The effect of an educational plan on the internet addiction adolescent girls

Purpose

Education/Guidance

Inclusion/Exclusion criteria

Inclusion criteria:

Adolescent girls between 14 and 18 years Individuals who are attending public secondary schools in Isfahan The student has Internet access Their Internet addiction score is over 49 according to the Yang questionnaire Participants should not be diagnosed with psychiatric illness and not undergo drug therapy Adolescents and their parents' satisfaction and permission with research

Exclusion criteria:

Adolescent and their parents' dissatisfaction with research Drug-related psychiatric illness Yang Internet Addiction Questionnaire score less than 49 Lack of Internet access for any reason

Age

From **14 years** old to **18 years** old

Gender

Female

Phase

2-3

Groups that have been masked

No information

Sample size

Target sample size: **54**

Randomization (investigator's opinion)

Randomized

Randomization description

Simple Random allocation Method: Random allocation will place a school in the test group and a school in the control group By throwing a coin.

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 Esfahan University of Medical Sciences

Street address

Isfahan University of Medical Sciences,Hezar Jerib Street

City

Esfahan

Province

Isfahan

Postal code

81799356377

Approval date

2019-10-23, 1398/08/01

Ethics committee reference number

IR.MUI.RESEARCH.REC.1398.458

Health conditions studied

1

Description of health condition studied

Internet Addiction

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description

The percentage of people with a Yang Internet Addiction Questionnaire score is over 49

Timepoint

Before intervention and 2 weeks after educational intervention

Method of measurement

Yang Internet Addiction Questionnaire

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: At least one class will be randomly assigned to each intervention school in the intervention school. Then the class students will talk about the research objectives and the questionnaires will be provided with the consent of all students in the study and a number will be given to each student. The participants will complete the questionnaire. After statistical analysis, the participants were selected by simple random sampling. Planning and coordination with the school administrator will be performed prior to the intervention to select the appropriate place for training and to determine the timing of classes. It is also required that one of the parents of the student sign the consent form to participate in the research, and during the phone call to confirm consent with the parent, the student will be given the consent form and the researcher will be provided with the researcher number. And if the student is absent at each meeting, parents will be contacted for coordination and information. There will be eight 45-minute training sessions for the test group. The

researcher, citing articles and authoritative books, provides the necessary training to reduce internet addiction, with the content of time management and controlling factors leading to Internet use, with a look at cognitive-behavioral therapy. Meetings are held at the school in coordination with the principal and the relevant authorities in non-classroom time with similar educational conditions. Questionnaires will be completed again by the participants two weeks after the last session. Then the data will be analyzed using SPSS software version 26 and related statistical tests.

Category

Behavior

2

Description

Control group: 1016/5000 At least one classroom will be randomly assigned from each educational base at the same time as the intervention group begins sampling. Then, the class students will discuss the research objectives and the questionnaires will be provided with the consent of all students in the study and a number will be given to each student. The sample will complete the questionnaires and the consent form. After statistical analysis, the participants who were selected for the study with a score of 49 on the Young Internet Addiction Questionnaire were selected by simple random sampling. They will then be given a written consent to provide the parents with a signature and then hand over to the school nurturer. There is no intervention in this group and people will have their daily activities. Questionnaires will be filled out by the participants at the end of the intervention group as the sample is completed. To comply with ethical standards, individuals in this group may participate in meetings that are held after the intervention if the study is effective and willing.

Category

Behavior

Recruitment centers

1

Recruitment center

Name of recruitment center

Schools

Full name of responsible person

fateme joonbakhsh

Street address

Room 158, School of Nursing and Midwifery, Isfahan University of Medical Sciences, Isfahan, Iran.

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f.joonbakhsh@nm.mui.ac.ir

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Esfahan University of Medical Sciences

Full name of responsible person

Shaghayegh Haghjoo Javanmard

Street address

Medical Ethics Committee, Isfahan University of Medical Sciences, Yaba Hezar Jerib Str

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Ahmaian71@yahoo.com

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

Fatemeh Joonbakhsh

Position

Instructor

Latest degree

Master

Other areas of specialty/work

Nursery

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Person responsible for scientific inquiries

Contact

Name of organization / entity

Esfahan University of Medical Sciences

Full name of responsible person

Fatemeh Joonbakhsh

Position

Instructor

Latest degree

Master

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

Total personal data after being unrecognized and data on internet addiction and parent-child relationship

When the data will become available and for how long

Start of 6 month access period after printing results

To whom data/document is available

Researchers working in scientific institutes

Under which criteria data/document could be used

There are no special conditions.

From where data/document is obtainable

f.joonbakhsh@nm.mui.ac.ir

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

The email will first be sent to the request, and after reviewing the request, the response and the data will be provided.

Comments