Clinical Trial Protocol
Iranian Registry of Clinical Trials

07 Nov 2026

The Effectiveness of Psychodrama on Improving Social Skills and Reducing Internet Addiction in Students

Protocol summary

Summary

This study examined the effectiveness of psychodrama on improving social skills and reducing internet addiction in students. In this experiment after primary sampling, 36 subjects were selected and randomly divided in two groups (18 as the experimental group and 18 as the control group) and examined in a quasi-experimental study. Then experimental group had ten sessions of social skills training with psychodrama approach. To examine internet addiction and social skills, the scale Yong's Internet Addiction Test (IAT) and Social Skills Inventory (created by researchers) were used respectively. The applied intervention was evaluated using pretest and post-test and a one month follow-up.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT201008134544N1**
Registration date: **2010-08-29, 1389/06/07**
Registration timing: **retrospective**

Last update:
Update count: **0**

Registration date

2010-08-29, 1389/06/07

Registrant information

Name

Maryam Kooraki

Name of organization / entity

Isfahan university

Country

Iran (Islamic Republic of)

Phone

+98 913 845 4197

Email address

m.koorki@edu.ui.ac.ir

Recruitment status

Recruitment complete

Funding source

University of Isfahan

Expected recruitment start date

2010-02-20, 1388/12/01

Expected recruitment end date

2010-04-19, 1389/01/30

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The Effectiveness of Psychodrama on Improving Social Skills and Reducing Internet Addiction in Students

Public title

The Effectiveness of Psychodrama on Improving Social Skills and Reducing Internet Addiction in Students

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria: female sex, living in dormitory, having a higher score in the internet addiction scale (49 and higher), having a lower score in the sub scales and Total scale of social skills, personal computer or over use from internet of dormitory, dissatisfaction for waste of time because of using Internet. Exclusion criteria: lower score than 49 in the internet addiction scale, loss of social skills due to depressive disorder, being a native (non-use of student's dormitory)

Age

No age limit

Gender

Female

Phase
N/A
Groups that have been masked
No information
Sample size
Target sample size: **36**
Randomization (investigator's opinion)
Randomized
Randomization description
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
Street address
Faculty of education science and psychology, Isfahan university, Hezar Jerib st
City
Isfahan
Postal code
Approval date
empty
Ethics committee reference number
88/26244

Health conditions studied

1

Description of health condition studied
Internet addiction disorder
ICD-10 code
F63.9
ICD-10 code description
Habit and impulse disorder, unspecified

Primary outcomes

1

Description
Improving of social skills
Timepoint
pre and post intenvention and one month follow up
Method of measurement
social skills inventory(created by researcher)

Secondary outcomes

1

Description
Reducing of internet addiction
Timepoint
pre and post intervention and one month follow up
Method of measurement
internet addiction scale

Intervention groups

1

Description
Experimental group had ten sessions of social skills training with psychodrama approach. This approach (psychodrama) consisted of three warm-up phase, action and sharing. In any stage, the first step was using from one technique of psychodrama for warming up (appropriate with aim session). Then with arrival to the action stage, the protagonist propound a problem, and with the assistance of director and Auxiliary egoes from the audience and using of psychodrama techniques (mirror technique, reverse roles and so on) solutions to their problems and role playing exploration solution in the scene. In the sharing stage, protagonist received feedback from the group.
Category
Behavior

2

Description
Control group did not receive any intervention.
Category
N/A

Recruitment centers

1

Recruitment center
Name of recruitment center
Dormitory of female students in university of Isfahan
Full name of responsible person
Street address
City
Isfahan

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Faculty of educational science & psychology
Full name of responsible person
Dr Ahmad Ahmadi
Street address

Department of psychology, Faculty of educational science & psychology, Isfahan university, Hezar Jerib St

City

Isfahan

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Faculty of educational science & psychology

Proportion provided by this source

100

Public or private sector

empty

Domestic or foreign origin

empty

Category of foreign source of funding

empty

Country of origin

Type of organization providing the funding

empty

Person responsible for general inquiries

Contact

Name of organization / entity

University of Isfahan

Full name of responsible person

Maryam Kooraki

Position

MA in psychology

Other areas of specialty/work

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Person responsible for scientific inquiries

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Full name of responsible person

Maryam Kooraki

Position

Other areas of specialty/work

Street address

City

Postal code

Phone

Fax

Email

Web page address

Sharing plan

Deidentified Individual Participant Data Set (IPD)

empty

Study Protocol

empty

Statistical Analysis Plan

empty

Informed Consent Form

empty

Clinical Study Report

empty

Analytic Code

empty

Data Dictionary

empty