# Clinical Trial Protocol
# Iranian Registry of Clinical Trials

18 Sep 2026

## The effect of mental health education on self-handicapping of secondary school girl students in Abadeh, 2019-2020

## Protocol summary

**Study aim**
Due to the importance of the role of mental health and self-disability in students' academic performance and the lack of intervention studies in this field, it is necessary to do work.

**Design**
Clinical trial with control and control groups, with parallel groups, single blind, randomized cluster on 54 students.

**Settings and conduct**
This study was conducted in Abadeh city. Individuals were randomly selected in two schools of Kowsar and Iqbal Lahori that fill in the desired questionnaires which include: A: Demographic characteristics: This section includes the demographic characteristics of the subjects B: Academic Disability: Items of the Disability Scale: This questionnaire is designed to assess students' academic achievement goals.

**Participants/Inclusion and exclusion criteria**
Inclusion criteria: 1. Secondary female students 2. Having the consent to enter the study. 3. Receive a score above 7 of the disability questionnaire 4. Parental consent Exclusion criteria: 1. Receive mental health training in the last 6 months

**Intervention groups**
Intervention group: 27 female high school students who are taught eight sessions of mental health topics .Control group: 27 female high school students who do not receive mental health education.

**Main outcome variables**
Determining the self-disability score of female high school students in Abadeh city

## General information

**Reason for update**

**Acronym**

**IRCT registration information**
IRCT registration number: **IRCT20200708048063N1**
Registration date: **2020-11-02, 1399/08/12**
Registration timing: **registered_while_recruiting**

Last update: **2020-11-02, 1399/08/12**
Update count: **0**

**Registration date**
2020-11-02, 1399/08/12

**Registrant information**

**Name**
Fatemeh Nematolahi

**Name of organization / entity**

**Country**
Iran (Islamic Republic of)

**Phone**
+98 71 4438 2925

**Email address**
f_nematollahi@sums.ac.ir

**Recruitment status**
**Recruitment complete**

**Funding source**

**Expected recruitment start date**
2019-03-21, 1398/01/01

**Expected recruitment end date**
2021-03-19, 1399/12/29

**Actual recruitment start date**
empty

**Actual recruitment end date**
empty

**Trial completion date**
empty

**Scientific title**
The effect of mental health education on self-handicapping of secondary school girl students in Abadeh, 2019-2020

**Public title**
The effect of mental health education on self-disability of female students.

**Purpose**
Education/Guidance
**Inclusion/Exclusion criteria**
**Inclusion criteria:**
Secondary school female students Satisfaction with enrollment.Get a score above 7 of the disability questionnaire Parental consent
**Exclusion criteria:**
1. Reluctance to continue research 2. Training in psychological skills in the last 6 months
**Age**
From **12 years** old to **18 years** old
**Gender**
Female

**Phase**
N/A
**Groups that have been masked**

- Participant

**Sample size**
Target sample size: **120**
**Randomization (investigator's opinion)**
Randomized
**Randomization description**
Based on the formula for determining the average sample size with an error of 5% and a power of 90% and an absolute error of 5 units, the sample size of at least 55 people was calculated, which is used according to the drop of 60 people. Of these 4 schools, 2 schools are randomly selected as the intervention group and the other 2 schools as the control group. Also, a total of 60 people are randomly selected and included in the study.
**Blinding (investigator's opinion)**
Single blinded
**Blinding description**
In this study, students who were randomly placed in the control and control groups were kept in the blind group. People in the control group were unaware of the intervention on individuals in the control group. They do not have education. They do not know about the education of the control group, which is 27 other students.
**Placebo**
Not used
**Assignment**
Parallel
**Other design features**

## Secondary Ids

empty

## Ethics committees

**1**

**Ethics committee**
**Name of ethics committee**
Shiraz university of medical sciences
**Street address**
Rayati Alley ، Emam Khomaini St، Bahman City
**City**
Shiraz
**Province**
Fars
**Postal code**
73911-39183
**Approval date**
2020-05-06, 1399/02/17
**Ethics committee reference number**
IR.SUMS.REC.1399.299

## Health conditions studied

**1**

**Description of health condition studied**
Check the degree of self-disability
**ICD-10 code**
**ICD-10 code description**

## Primary outcomes

**1**

**Description**
Disability score in Migli questionnaire
**Timepoint**
Before the intervention and immediately after the intervention and one month later.
**Method of measurement**
Miley Disability Questionnaire

## Secondary outcomes

empty

## Intervention groups

**1**

**Description**
Intervention group: After filling out the questionnaire and determining the scores of the questionnaire, people with average to high scores are randomly placed in the intervention group. People who enter the intervention group enter eight training sessions based on mental health topics for one month. Immediately after teaching these students, a self-disability test is performed to assess the degree of self-disability.The content of the sessions is as follows: Session 1: Mental health education, Session 2: Self-knowledge and review of the previous session, Session 3: Positive communication with others and review of previous sessions, Session 4: Optimism and positive thinking, Session 5: Emotional intelligence And review of previous sessions, session 6: independence and autonomy, session 7: personality development and review of previous sessions, session 8: purposeful training in life and review of previous sessions
**Category**
Other

**2**

**Description**
Control group: People who enter the control group after the self-disability test do not receive any mental health-based training, and after the training, the self-disability test is taken from the intervention group.

**Category**
Other

## Recruitment centers

**1**

**Recruitment center**

**Name of recruitment center**
Abadeh city girls' secondary high schools

**Full name of responsible person**
Fatemeh Nematolahi

**Street address**
Emam Khomeini st،Bahman، Abadeh

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fatemehnematollahi2@gmail.com

**Web page address**

## Sponsors / Funding sources

**1**

**Sponsor**

**Name of organization / entity**
Shiraz University of Medical Sciences

**Full name of responsible person**
Roksana Janghorban

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Emam Khomeini St،Bahman، Abadeh

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**Grant name**

**Grant code / Reference number**

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

**Title of funding source**
Shiraz 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**
Shiraz University of Medical Sciences

**Full name of responsible person**
Fatemeh Nematollahi2@gmail.com

**Position**
Senior Nursing Student

**Latest degree**
Bachelor

**Other areas of specialty/work**
Nursery

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## Person responsible for scientific inquiries

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## Person responsible for updating data

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

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

**Title and more details about the data/document**
After the intervention and data analysis, the results of the study will be shared after identifying the participants.

**When the data will become available and for how long**
from 1400

**To whom data/document is available**
All researchers

**Under which criteria data/document could be used**
If there is a letter from the ethics committee and permission of the ethics committee.

**From where data/document is obtainable**
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**What processes are involved for a request to access data/document**
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**Comments**