

Clinical Trial Protocol

Iranian Registry of Clinical Trials

02 Aug 2026

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

Protocol summary

Registration timing: **registered_while_recruiting**

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

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

Update count: **0**

Registration date

2020-11-02, 1399/08/12

Registrant information

Name

Fatemeh Nematollahi

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 71 4438 2925

Email address

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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.

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20200708048063N1**

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

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 Khomani 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 Nematollahi

Street address

Emam Khomeini st.Bahman, Abadeh

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Fax

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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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Full name of responsible person

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Position

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Bachelor

Other areas of specialty/work

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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