Clinical Trial Protocol
Iranian Registry of Clinical Trials

19 Sep 2026

Comparison of the effectiveness of resiliency and problem solving training on aggression, stress, academic self-regulation, anxiety and promotion of psychological well-being in first grade boy students.

Protocol summary

Study aim

Comparison of the effectiveness of resilience and problem solving training on aggression, stress, academic self-regulation, anxiety and promoting psychological well-being of junior high school students.

Design

The method is experimental quasi-experimental.

Settings and conduct

Field research, its collection tool is standard questionnaires. To analyze the information obtained from the collection of the questionnaire, first at the level of descriptive statistics and to reject or confirm the hypotheses, inferential statistical methods of covariance will be used. Then the data are analyzed with 25spss statistical software. This research will be conducted among high school male students in the first high school of Ilam in the academic year 2020-2021

Participants/Inclusion and exclusion criteria

Entry requirements; 1- Parents' consent 2- All participants are male and in the age range of 15 to 17 years old. And non-entry conditions 1- Absence from attending more than two sessions. 2. Occurrence of stressful events in the last three months, such as divorce or death of relatives.

Intervention groups

The three intervention groups with pre-test and post-test in this project were called experimental group exposed to 8 sessions of 2-hour resilience training, experimental group exposed to 8 sessions of 2-hour problem-solving training and control group that were on the waiting list for treatment. There are two stages of completing the pre-test and post-test evaluation.

Main outcome variables

Resilience, problem solving, aggression, stress, academic self-regulation, anxiety, promoting psychological well-being.

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20201207049637N1**
Registration date: **2021-04-17, 1400/01/28**
Registration timing: **registered_while_recruiting**

Last update: **2021-04-17, 1400/01/28**
Update count: **0**

Registration date

2021-04-17, 1400/01/28

Registrant information

Name

adel akbari

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 84 3222 7908

Email address

adelakbari1347@gmail.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2021-03-21, 1400/01/01

Expected recruitment end date

2021-05-10, 1400/02/20

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title
Comparison of the effectiveness of resiliency and problem solving training on aggression, stress, academic self-regulation, anxiety and promotion of psychological well-being in first grade boy students.

Public title
Comparison of the effectiveness of resiliency and problem solving training on aggression, stress, academic self-regulation, anxiety and promotion of psychological well-being in first grade boy students.

Purpose
Education/Guidance

Inclusion/Exclusion criteria
Inclusion criteria:
Parental consent is obtained Adolescents are in the same diagnostic center Be in the age range of 15 to 17 years. Participants are boys
Exclusion criteria:
Absence from more than two sessions. 2- Occurrence of a stressful event in the last three months such as divorce or the death of relatives, close friends.

Age
From **15 years** old to **17 years** old

Gender
Male

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **60**
More than 1 sample in each individual
Number of samples in each individual: **20**
Cluster random sampling method is used to select the sample. There are 60 people, 20 of whom will be randomly assigned as experimental group 1 and 20 in experimental group 2 and 20 others as control group.

Randomization (investigator's opinion)
Randomized

Randomization description
Cluster sampling is sometimes used in educational research. In this type of research, the class is used as a sampling unit Delavar (1396, p. 126). In this study, cluster sampling method was used. First, out of 56 junior high school classes, 3 classes were selected by simple random sampling. Not done, replaced. For all groups, pre-test, pre-test and post-intervention, post-test will be performed

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 Islamic Azad University of Ahvaz
Street address
Farhangshahr St., Golestan Highway, Islamic Azad University, Ahvaz Branch
City
Ahvaz
Province
Khouzestan
Postal code
6134937333

Approval date
2021-02-17, 1399/11/29

Ethics committee reference number
IR.IAU.AHVAZ.REC.1399.124

2

Ethics committee
Name of ethics committee
Ethics Committee of Islamic Azad University of Ahvaz
Street address
Farhangshahr St., Golestan Highway, Islamic Azad University, Ahvaz Branch
City
Ahvaz
Province
Khouzestan
Postal code
6134937333

Approval date
2021-02-17, 1399/11/29

Ethics committee reference number
IR.IAU.AHVAZ.REC.1399.124

3

Ethics committee
Name of ethics committee
Ethics Committee of Islamic Azad University of Ahvaz
Street address
Farhangshahr St., Golestan Highway, Islamic Azad University, Ahvaz Branch
City
Ahvaz
Province
Khouzestan
Postal code
6134937333

Approval date
2021-02-17, 1399/11/29

Ethics committee reference number
IR.IAU.AHVAZ.REC.1399.124

Health conditions studied

1

Description of health condition studied
Resilience،problem solving،Aggression،Stress،Academic Self-Regulation،Anxiety،promotion of psychological well-being
ICD-10 code
ICD-10 code description

Primary outcomes

1

Description
Resilience
Timepoint
Before intervention and 21 days after intervention
Method of measurement
1 (Perceived Stress Questionnaire) 2- (Beck Anxiety Questionnaire) 3- (Academic Self-Regulatory Questionnaire) 4- (Aggression Assessment Questionnaire) 5- (Psychological Well-being Questionnaire) 6- (Problem Solving Questionnaire) 7- (Resilience scale)

2

Description
problem solving
Timepoint
Before intervention and 21 days after intervention
Method of measurement
1 (Perceived Stress Questionnaire) 2- (Beck Anxiety Questionnaire) 3- (Academic Self-Regulatory Questionnaire) 4- (Aggression Assessment Questionnaire) 5- (Psychological Well-being Questionnaire) 6- (Problem Solving Questionnaire) 7- (Resilience scale)

Secondary outcomes

empty

Intervention groups

1

Description
Intervention group: 60 adolescents who have been randomly replaced into experimental groups 1 and 2 and the control group who participate in the intervention plan of 8 2-hour sessions, resilience training and problem solving. In the first session; To teach resilience, to establish a relationship and acquaintance and introduction, the purpose of research, delivery of questionnaires and awareness of the rules of participation in the workshop and then to the subject of self-awareness and familiarity with its strengths and weaknesses, explaining the factors affecting self-awareness and obstacles to achieve it. Processing. In the second session; Valuable; Self-esteem is addressed. third session; Effective communication and link-seeking training to improve people's ability to communicate, socialize and make friends, and in the fourth session, the topic of futurism; Follow in order to determine the goal and how to achieve it. fifth meeting; We train self-efficacy in order to make decisions. Sixth session, to discuss self-efficacy, with the topic; Problem Solving; We will pay. In the seventh session; The issue of self-efficacy, with the subject; Accountability, we pursue a simple definition of responsibility. To be able to easily express the characteristics of a responsible person. Session 8; To discuss emotion control; with subject; We manage anger, anxiety and stress In the discussion of problem solving training, the experimental group will be trained in problem solving skills during 8 two-hour sessions. first stage; Definition of the problem. second stage; Goal setting. The third step is to choose a strategy. The fourth step is to implement the strategy. Step Five; Teaching event writing skills, awareness and relaxation of thoughts and mental imagery, desensitization, and the combination of strategies. And in the next stage, which is the stage of verification, what is obtained is examined against what we hoped for. Finally, it evaluates the results, summarizing, generalizing, referring, and concluding.
Category
Behavior

2

Description
Intervention group: The control group is not exposed to any training.
Category
Behavior

Recruitment centers

1

Recruitment center
Name of recruitment center
14 Khordad High School
Full name of responsible person
Adel Akbari
Street address
Niayesh Street , Sayyad Shirazi Blvd, Ilam city
City
Ilam
Province
Ilam
Postal code
6931173458
Phone
+98 84 3222 7908
Email
adelakbari1347@gmail.com

Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Islamic Azad University

Full name of responsible person
Ashkan Ghafouri

Street address
Farhangshahr St., Golestan Highway, Islamic Azad University, Ahvaz Branch, Ahvaz

City
Ahvaz

Province
Khouzestan

Postal code
6134937333

Phone
+98 61 3334 8336

Fax
+98 61 3332 9200

Email
Info@iauahvaz.ac.ir

Web page address
http://Iauahvaz.ac.ir

Grant name

Grant code / Reference number

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

Title of funding source
Islamic Azad University

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
Islamic Azad University

Full name of responsible person
Reza pasha

Position
Associate Professor

Latest degree
Ph.D.

Other areas of specialty/work
Psychology

Street address
Islamic Azad university, Ahvaz branch. farhang Shahr St.

City
Ahvaz

Province
Khouzestan

Postal code
6134937333

Phone
+98 61 3334 8336

Fax
+98 61 3332 9200

Email
g.rpasha@yahoo.com

Web page address
http://Iauahvaz.ac.ir

Person responsible for scientific inquiries

Contact

Name of organization / entity
Islamic Azad University

Full name of responsible person
adel akbari

Position
teacher

Latest degree
Master

Other areas of specialty/work
Psychology

Street address
Niayesh Street., Sayyad Shirazi Blvd.,Ilam city

City
Ilam

Province
Ilam

Postal code
6931173458

Phone
+98 84 3222 7908

Email
adelakbari1347@gmail.com

Person responsible for updating data

Contact

Name of organization / entity
Islamic Azad University

Full name of responsible person
adel akbari

Position
teacher

Latest degree
Master

Other areas of specialty/work
Psychology

Street address
Niayesh Street., Sayyad Shirazi Blvd., Ilam city

City
Ilam

Province
Ilam

Postal code
6931173458

Phone
+98 84 3222 7908

Email

adelakbari1347@gmail.com

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
Not applicable

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

Clinical Study Report
Not applicable

Analytic Code
Not applicable

Data Dictionary
Not applicable