

Clinical Trial Protocol

Iranian Registry of Clinical Trials

04 Aug 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

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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://lauahvaz.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://lauahvaz.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

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