

Clinical Trial Protocol

Iranian Registry of Clinical Trials

11 Jun 2026

The Impact of Group Reality Therapy Based on Choice Theory on Social Anxiety and Self-efficacy of Students with Cell Phone Addiction

Protocol summary

Study aim

The main objective : Determining the effect of group reality therapy based on selection theory on social anxiety and self-efficacy of students with cell phone dependence. Secondary objectives: 1. Determining and comparing the social anxiety of students with cell phone dependence in the two groups of test and control before and after the intervention; 2. Determining and comparing the self-efficacy of students with mobile phone dependence in two experimental and control groups before and after the intervention.

Design

Clinical trial with intervention and control groups that are selected by simple random allocation by sampling method.

Settings and conduct

Sampling place: from virtual groups of nursing students studying (due to corona virus coditions). How to do it: In a simple random allocation and by lottery method. A total of 52 people enter the study and are assigned to two groups of test and control.

Participants/Inclusion and exclusion criteria

Inclusion criteria: 1. Students who were undergraduate nursing in Tehran University of Medical Sciences. 2. Students who received a score higher than 43 from the Kuh-e-He mobile phone dependency questionnaire. 3. Students who are not under another educational or medical program at the same time as the educational program. Exclusion criterion: Absence of more than two sessions in reality therapy sessions.

Intervention groups

The intervention group learns reality therapy based on selection theory in 6 sessions of 1.5 hours and the control group does not learn any intervention or training.

Main outcome variables

If the positive effect of group reality therapy based on choice theory on social anxiety and self-efficacy of individuals, administrators and educational policy makers can use this therapeutic approach as a group in schools,

universities and all young people to manage low self-efficacy and social anxiety due to dependence.

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20210424051059N1**

Registration date: **2021-06-21, 1400/03/31**

Registration timing: **registered_while_recruiting**

Last update: **2021-06-21, 1400/03/31**

Update count: **0**

Registration date

2021-06-21, 1400/03/31

Registrant information

Name

kimiya darabi

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 21 8825 5169

Email address

kimiyad74@gmail.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2021-05-29, 1400/03/08

Expected recruitment end date

2021-06-29, 1400/04/08

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The Impact of Group Reality Therapy Based on Choice Theory on Social Anxiety and Self-efficacy of Students with Cell Phone Addiction

Public title

The Impact of Group Reality Therapy Based on Choice Theory on Social Anxiety and Self-efficacy of Students with Cell Phone Addiction

Purpose

Treatment

Inclusion/Exclusion criteria**Inclusion criteria:**

Students who were undergraduate nursing in Tehran University of Medical Sciences. Students who received a score higher than 43 from the Kuh-e-He mobile phone dependency questionnaire. Students who are not under another educational or medical program at the same time as the educational program.

Exclusion criteria:

Absence of more than two sessions in reality therapy sessions

Age

From **15 years** old to **25 years** old

Gender

Both

Phase

3

Groups that have been masked

No information

Sample size

Target sample size: **52**

Randomization (investigator's opinion)

Randomized

Randomization description

All nursing students, members of the Tehran School of Nursing and Midwifery, were asked to complete an online questionnaire on demographic information and cell phone dependence, if possible and desired. Then, 58 students were randomly selected from the students completing the questionnaire based on the inclusion criteria, and were divided into two groups of test (intervention) and control by simple random allocation using the lottery method. First, a list of eligible people was prepared, then a number from one to 58 was assigned to each of them, and by drawing lots, the numbers were written on pieces of paper and placed in a container and mixed well to make a sample. With a certain volume of each intervention and control group was determined. According to the method of determining the sample size based on the opinion of the professor of statistics, a maximum of 58 people entered the study, of which 52 people in total and 26 people in each test and control group, taking into account the loss of 10% of the sample.

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 the School of Nursing and Midwifery and the School of Rehabilitation, Tehran Uni

Street address

Office of the Vice Chancellor for Research, First Floor, Building No. 1 of the Faculty of Medicine, North Door of the University, Poursina St, Ghods St, Enghelab St.

City

Tehran

Province

Tehran

Postal code

1419733171

Approval date

2020-08-23, 1399/06/02

Ethics committee reference number

IR.TUMS.FNM.REC.1399.083

Health conditions studied**1****Description of health condition studied**

Mobile Dependence

ICD-10 code**ICD-10 code description****Primary outcomes****1****Description**

Mobile Dependence: A score above 43 of the Kuh-e Hey Mobile Dependency Questionnaire

Timepoint

At the beginning of the study: to determine the conditions for inclusion in the study

Method of measurement

Using Kuh-e-Hey mobile phone dependency questionnaire

2**Description**

Social Anxiety: The score that a person gets from the Jorabak Social Anxiety Questionnaire.

Timepoint

At the beginning and end of sampling

Method of measurement

Using Jorabak Social Anxiety Questionnaire

3

Description

Self-efficacy: is the score that the subject obtains in the Scherer and Maddox (1982) self-efficacy questionnaire.

Timepoint

At the beginning and end of sampling

Method of measurement

Using Scherer and Maddox self-efficacy questionnaire

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: Teaching them 6 sessions of 1/5 hour reality therapy based on selection theory

Category

Treatment - Other

2

Description

Control group: Not receiving any intervention and training

Category

Treatment - Other

Recruitment centers

1

Recruitment center

Name of recruitment center

School of Nursing and Midwifery, Tehran University of Medical Sciences

Full name of responsible person

Kimiya Darabi

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Tohid Square, Dr. Mirkhani St. (Eastern Nusrat)

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kimiyad74@gmail.com

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Tehran University of Medical Sciences

Full name of responsible person

Dr. Mehrnaz Granmaye

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fnm-researchdeputy@tums.ac.ir

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Tehran 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

Tehran University of Medical Sciences

Full name of responsible person

Kimiya Darabi

Position

Master student of psychiatric nursing

Latest degree

Bachelor

Other areas of specialty/work

Nursery

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Person responsible for scientific inquiries

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Name of organization / entity

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Position

Master of student

Latest degree

Bachelor

Other areas of specialty/work

Nursery

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Person responsible for updating data

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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

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

Informed Consent Form

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

Clinical Study Report

Undecided - It is not yet known if there will be 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

Not applicable