

Clinical Trial Protocol

Iranian Registry of Clinical Trials

17 Sep 2026

Investigating the Effect of Social Skills Training on Self-esteem and Social Adjustment of 11 to 15 Years Old Adolescents in Juvenile Detention Center in Tehran City in 2021

Protocol summary

Study aim

Determining the Effect of Social Skills Training on Self-esteem and Social Adjustment of 11 to 15 Years Old Adolescents in Juvenile Detention Center in Tehran City in 2021

Design

Experimental study with experimental and control groups with 60 adolescents aged 11 to 15 years old living in Tehran Correctional Center, which will be divided into two groups by block balanced randomization

Settings and conduct

1. Approving the research in the ethics committee and permission obtaining from the director of postgraduate education. 2. Submitting permission to the Correctional Center. 3. Inviting adolescents who have the inclusion criteria. 4. Obtaining consent from them and parents. 5. Completion of social skills tool. 6. Selecting adolescents with score lower than the average and assigning them to the test and control groups. 7. Completion of all tools by samples. 8. performing of intervention. 9. Completion of tools, immediately and two months later and then analysis of results

Participants/Inclusion and exclusion criteria

Inclusion criteria: sufficient literacy. Don't participating in similar classes or research at the same time. don't committing murder. In the age group of 11 to 15 years old and resident of the correctional unit of the correctional center. Criteria for not entering: Lack of literacy. Committing murder

Intervention groups

The educational program will be selected from the Life Skills for Adolescents book by Saifullahi and Social Skills Education for Children and Adolescents book by Salahshour. The content includes: the importance of social skills, verbal and non-verbal skills, group skills, emotion expression skills, self and others care, problem solving skills, listening and assertiveness skills, decision

making skills, dispute resolution skills

Main outcome variables

Evaluating the effect of social skills training on self-esteem and social adjustment

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20220501054714N1**

Registration date: **2022-05-18, 1401/02/28**

Registration timing: **prospective**

Last update: **2022-05-18, 1401/02/28**

Update count: **0**

Registration date

2022-05-18, 1401/02/28

Registrant information

Name

Gashin Saeedi

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 21 8865 5382

Email address

saeedi.gashin@yahoo.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2022-05-22, 1401/03/01

Expected recruitment end date

2022-07-22, 1401/04/31

Actual recruitment start date

empty

Actual recruitment end date
empty

Trial completion date
empty

Scientific title
Investigating the Effect of Social Skills Training on Self-esteem and Social Adjustment of 11 to 15 Years Old Adolescents in Juvenile Detention Center in Tehran City in 2021

Public title
Investigating the Effect of Social Skills Training on Self-esteem and Social Adjustment of 11 to 15 Years Old Adolescents in Juvenile Detention Center

Purpose
Education/Guidance

Inclusion/Exclusion criteria
Inclusion criteria:
The adolescent is studying The adolescent does not participate in similar classes or similar research at the same time as doing this research The adolescent has not committed murder Adolescent are in the age group of 11 to 15 years The adolescent is a resident of the correctional unit of the correctional center
Exclusion criteria:
Lack of literacy Committing murder

Age
From **11 years** old to **15 years** old

Gender
Both

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **60**

Randomization (investigator's opinion)
Randomized

Randomization description
In this research, the block balanced randomization method will be used to perform randomization. To form the four blocks, we write all the positions of the letters A and B together, which includes the following: AABB-ABBA-ABAB-BAAB-BBAA-BABA in which A is the intervention group and B is the control group. Then we number these four states with numbers from one to six. To determine the number of required blocks, we use dividing the sample size by the type of block (quadruple), which in the present study will be 15 blocks. From the table of random numbers, we select 15 random numbers from the number one to six, and based on this, we select the block corresponding to the number of the random table, for example, if the number in the table was two, block number that we write is ABBA, and so on until we get 15 blocks. After the order of the blocks is completed, random assignment of individuals is done based on the entry of individuals and based on the order of the blocks, between the control and intervention groups.

Blinding (investigator's opinion)
Not blinded

Blinding description
Placebo
Not used
Assignment
Factorial
Other design features

Secondary Ids
empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethics committee of Shahid Beheshti university of medical sciences

Street address

Shahid Chamran Highway - Evin - Next to Taleghani Hospital - Medical School - Third Floor

City

Tehran

Province

Tehran

Postal code

193954719

Approval date

2022-04-26, 1401/02/06

Ethics committee reference number

IR.SBMU.PHARMACY.REC.1401.030

Health conditions studied

1

Description of health condition studied

Social skills-Self-esteem-Social adjustment-Adolescents

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description

Social skills

Timepoint

At the beginning of the study, immediately after the training sessions, two months after the training sessions

Method of measurement

The Teenage Inventory of Social Skills

2

Description

Self-esteem

Timepoint

At the beginning of the study, immediately after the training sessions, two months after the training sessions

Method of measurement

3**Description**

Social adjustment

Timepoint

At the beginning of the study, immediately after the training sessions, two months after the training sessions

Method of measurement

California test of personality

Secondary outcomes

empty

Intervention groups**1****Description**

experimental group: If the sample is placed in the experimental group, the time of the classes will be informed. The educational intervention, which will include 10 one-hour sessions over 5 weeks, will be organized for the experimental group in coordination with the officials of the Tehran Correctional Center. To prepare educational content, the book Life Skills for Adolescents written by Seifollahi (2018) and the book Social Skills Education for Children and Adolescents by Salahshour (2016) will be used. In designing content from simple language or in other words, not using specialized words, reducing the speed of speaking, prioritizing and reducing the number of key points presented in each training session, while providing a comfortable and shame-free environment, print media with a degree Appropriate readability such as pamphlets, pictures, instructional videos, various oral, written and combined teaching methods such as lectures with questions and answers, Teach Back, group discussion, practical demonstration, role play and clear communication techniques will be used. The training program will be as follows: Session 1: Introduction with group members, statement of group rules, discussion about the importance of social skills, verbal skills. Session 2: Non-verbal communication skills. Session 3: Group skills. Session 4: Emotion expression skills such as anger management. Session 5: Take care of yourself and others. Session 6: Problem solving skills. Session 7: Listening skills. Session 8: Expression skills. Session 9: Decision Skills. Session 10: Dispute resolution skills, summarizing and evaluating the results of the sessions.

Category

Lifestyle

2**Description**

Control group: There will be no intervention

Category

Other

Recruitment centers**1****Recruitment center****Name of recruitment center**

Juvenile detention center of Tehran

Full name of responsible person

Mohammad mohsen Rabbani

Street address

Sadeghieh - End of Ayatollah Kashani Boulevard - Shahre Ziba - Al-Ghadir Square

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فعلا قابل دسترسی نیست

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Sponsors / Funding sources**1****Sponsor****Name of organization / entity**

Shahid Beheshti University of Medical Sciences

Full name of responsible person

Afshin Zarghi

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Tehran - Valiasr St. - No. 2660 - Shahid Beheshti School of Pharmacy

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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

Shahid Beheshti 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

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Person responsible for general inquiries

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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

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