Clinical Trial Protocol
Iranian Registry of Clinical Trials

08 Nov 2026

The effectiveness of social skills training on emotional awareness and academic motivation of junior high school boys, a case study

Protocol summary

Study aim
The aim of this study was to determine the role of social skills training on adolescents' emotional self-awareness and academic motivation.

Design
A one-sample experimental study will be performed on 3 participants who participated voluntarily. The independent variables are the social skills training protocol and the dependent variables are academic motivation and emotional self-awareness. Two baselines will be taken from the participants before the intervention group. Then both sessions will be a test and two months after the end of the sessions, a follow-up test will be taken.

Settings and conduct
Alborz High School

Participants/Inclusion and exclusion criteria
In this study, 3 male high school students will be studied. Due to coronary limitations, group teaching was not possible and this method was selected for the study. The entry criteria are: Male students 12 to 16 years old from all three intermediate levels first, GPA above 16, No issues and problems in the disciplinary case. and low in educational motivation test D and the exit criteria will be non-participation in training sessions.

Intervention groups
The intervention will be done in a single sample and separately for each participant. Each participant will be trained in social skills once a week for two hours. The length of the sessions is 8 sessions.

Main outcome variables
Academic motivation, emotional self-awareness

General information

Reason for update

Acronym

IRCT registration information
IRCT registration number: **IRCT20220406054427N2**
Registration date: **2022-05-31, 1401/03/10**
Registration timing: **prospective**

Last update: **2022-05-31, 1401/03/10**
Update count: **0**

Registration date
2022-05-31, 1401/03/10

Registrant information

Name
Ghazal Zandkarimi

Name of organization / entity
Alzahra University

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Iran (Islamic Republic of)

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Recruitment status
Recruitment complete

Funding source

Expected recruitment start date
2022-06-20, 1401/03/30

Expected recruitment end date
2022-08-21, 1401/05/30

Actual recruitment start date
empty

Actual recruitment end date
empty

Trial completion date
empty

Scientific title
The effectiveness of social skills training on emotional awareness and academic motivation of junior high school boys, a case study

Public title

The effect of education on academic motivation

Purpose

Education/Guidance

Inclusion/Exclusion criteria

Inclusion criteria:

Having low academic motivation, Medium to high discipline score, GPA above 16

Exclusion criteria:

Failure to attend more than two training sessions

Age

From **12 years** old to **16 years** old

Gender

Male

Phase

N/A

Groups that have been masked

- Participant

Sample size

Target sample size: **3**

More than 1 sample in each individual

Number of samples in each individual: **1**

Participants, as teens in junior high school, will be unaware that education will affect their academic performance. And they will think that the intervention will affect their emotional self-awareness.

Randomization (investigator's opinion)

N/A

Randomization description

Blinding (investigator's opinion)

Single blinded

Blinding description

Participants, as teens in junior high school, will be unaware that education will affect their academic performance. And they will think that the intervention will affect their emotional self-awareness.

Placebo

Not used

Assignment

Single

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethics Committee in Biomedical Research, Al-Zahra University

Street address

Baharestan - at the beginning of Mardom Street - Faculty of Welfare

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Province

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Postal code

11575138

Approval date

2022-04-27, 1401/02/07

Ethics committee reference number

IR.ALZAHRA.REC.1401.019

Health conditions studied

1

Description of health condition studied

Adolescents with low academic motivation

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description

Educational Motivation

Timepoint

Academic motivation was measured twice in the first baseline of the study, and both sessions were performed once during training and a total of five measurements during training and once during the follow-up period.

Method of measurement

Academic Motivation Questionnaire Harter et al (2005)

Secondary outcomes

1

Description

Emotional Self-Consciousness

Timepoint

Emotional self-awareness is measured twice in the first baseline of the study, and both sessions will be done once during training and in total five measurements during training and once in the follow-up period.

Method of measurement

Emotional Self-Awareness Questionnaire Rifi et al (2007)

Intervention groups

1

Description

Intervention group: The intervention will be performed separately on 3 adolescent male high school students separately. These students must be below the cut line in terms of academic motivation. Their selection is purposeful voluntarily. In the intervention group, Mariana Coty (2013) for 10 sessions of social skills training protocol is performed once a week on Wednesdays for two hours. Mariana Cotty Social Skills Training Protocol has 10 training sessions with the aim of teaching self-awareness, teaching social law, teaching how to interact, how to talk to others, teamwork and interaction, courage and emotion management. According to Coty (2013)

theory, adolescents need social skills training that these skills should be provided in addition to high school education and can help them to a very high degree in their academic progress. Therefore, the training will be done individually during 10 sessions and each session for two hours. That is, for the participant, 10 sessions of two separate hours will be performed for two hours each week. The content of the sessions is as follows: Session 1: Teaching the basics of self-awareness will be taught. In this session, the student is taught how to be here and now. In order to increase his focus and attention. Session 2: Skills in using communication tools, in this session, the quality of using satellite, email, WhatsApp, Instagram, Facebook and other mass communication tools, its advantages and disadvantages are taught to determine the disadvantages of using them. Session 3: Teaching social rules and interpersonal roles. At this stage, the adolescent will learn the do's and don'ts of the relationship and the boundaries of communication with others and age groups. Session 4: Interacting with others, what is interaction? The difference between a win-win interaction and a relationship with other harmful relationships, teamwork and its advantages over individual work. Training will intensify. Session 5: Teaching the principles of friendship, the difference between attachment and dependence and affection versus affection, friends versus pseudo-friend, etc. will be taught. Session 6: Conversational training, and the principles and rules of successful conversation are the goals of this session. Session 7: Agreement and cooperation with others, in this session, how to cooperate and the limits of cooperation against interpersonal abuse and underemployment and communication with people who are unable to cooperate will all be taught. Session 8: Teaching courage and self-preservation Adolescents are in a critical situation and need to learn how to take care of themselves. Session 9: Managing Anxiety and Depression Teenagers are taught how to deal with failures, negative emotions, fears and griefs caused by failure. And the tenth session: adaptation training with change. This section teaches teens how change is ongoing and how to correct and replace it with things like unsuccessful attempts to control and resist change.

Category
Lifestyle

Recruitment centers

1

Recruitment center

Name of recruitment center
Mandegaralborz High School

Full name of responsible person
Seyed Mojtaba Gharib Hoseini

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Refah University College

Full name of responsible person
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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
Refah University College

Proportion provided by this source
100

Public or private sector
Private

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
Refah University College

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Position
Group of Psychology, Professor Assistant

Latest degree
Ph.D.

Other areas of specialty/work
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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
Not applicable
Data Dictionary
Yes - There is a plan to make this available
Title and more details about the data/document
At the end of the study, the data will be statistically analyzed with the help of statistical analysis of improvement percentage, visual analysis graphs and Cohen's effect size formulas and overlapping data and the article will be published in full.
When the data will become available and for how long
Up to two years after the end of the study
To whom data/document is available
It will be available to researchers working in academic and scientific institutions
Under which criteria data/document could be used
If clinicians, school counselors and family counselors need unidentifiable data, the data will be made available to them.
From where data/document is obtainable
Mrs. Masoomeh Gharedaghi
What processes are involved for a request to access data/document
The applicant must send an email to the email address: m.gharedaghi1400@gmail.com and request the data. Once the applicant's identity has been verified with academics, clinicians or consultants, the data will be made available to non-disclosures with a commitment.
Comments