

Clinical Trial Protocol

Iranian Registry of Clinical Trials

19 Jun 2026

Comparison the impact of two training methods of lecture and training package on the student's knowledge, self-esteem and self-efficacy 9-12 year-old female students in relation to adolescent health

Protocol summary

Summary

The type of study is interventional. Objective: to evaluate the effect of two training methods of lecture and training package on knowledge, self-esteem and self-efficacy 9-12 year-old female students in relation to adolescent health. Inclusion criteria: 9-12 years female students of elementary school in the state; lack of participation in adolescent health education programs Exclusion criteria: death of a relative during the study; lack of participation in training sessions; lack of study training package in adolescent health; lack of enforcement training programs(the study training package and practice of lecture topics and training package during the study). The study population: all elementary school students in district 2 covers education in Alborz Province Education in 91-92 educational year. Sample size: A total of 270 cases randomly selected from among all the students with criteria inclusion into study, in elementary school students in district 2 covers education in Alborz Province who are willing to participate and divided into 3 groups, 90(2 intervention groups and 1 control group). Intervention: the first pre-test will be completed by all 3 groups. 3 sessions of 45 minutes(according adolescent health issues, self-esteem and self-efficacy in adolescents) will be held for the first intervention group and the second intervention group training package that contains topics of the first intervention group. A control group to be considered for both of intervention groups. 3 months later, post-test is completed by the participants.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT201304145912N9**

Registration date: **2013-11-08, 1392/08/17**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2013-11-08, 1392/08/17

Registrant information

Name

Mandana Mir Mohammad Ali Ei

Name of organization / entity

Tehran University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 21 6692 7171

Email address

mirmohammad@tums.ac.ir

Recruitment status

Recruitment complete

Funding source

Tehran University of Medical Sciences

Expected recruitment start date

2013-05-22, 1392/03/01

Expected recruitment end date

2013-09-29, 1392/07/07

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Comparison the impact of two training methods of lecture and training package on the student's knowledge, self-esteem and self-efficacy 9-12 year-old female students in relation to adolescent health

Public title

The impact of two training methods of lecture and training package on the student's knowledge, self-esteem and self-efficacy 9-12 year-old female students in relation to adolescent health

Purpose

Health service research

Inclusion/Exclusion criteria

Inclusion criteria: 9-12 years female students of elementary school in the state; lack of participation in adolescent health education programs Exclusion criteria: death of a relative during the study; lack of participation in training sessions; lack of study training package in adolescent health; lack of enforcement training programs(the study training package and practice of lecture topics and training package during the study)

Age

From **9 years** old to **12 years** old

Gender

Female

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **270**

Randomization (investigator's opinion)

Randomized

Randomization description

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

Tehran University of Medical Sciences

Street address

The sixth floor, Central Building of Tehran University of Medical Sciences Tehran, Ghods St., Keshavarz Blvd.

City

Tehran

Postal code

Approval date

2013-03-18, 1391/12/28

Ethics committee reference number

3429/130/91/5

Health conditions studied

1

Description of health condition studied

health education

ICD-10 code

Z71.9

ICD-10 code description

medical advice NOS

Primary outcomes

1

Description

knowledge

Timepoint

Beginning of the study, 3 months after beginning of the study

Method of measurement

Questionnaire

2

Description

Self-esteem

Timepoint

Beginning of the study, 3 months after beginning of the study

Method of measurement

Questionnaire

3

Description

Self-efficacy

Timepoint

Beginning of the study, 3 months after beginning of the study

Method of measurement

Questionnaire

Secondary outcomes

empty

Intervention groups

1

Description

In the first intervention group (lecture): The first students to complete the questionnaire pre-test and then participate in three 45-minute sessions on adolescent health, self-esteem and self-efficacy that is the questions and answers. Finally, the participants will be asked after the intervention period(3 months) to respond to the questionnaire post-test, the back reference to reference school.

Category

Prevention

2

Description

The intervention group received training package: Students must complete a pre-test questionnaire and a training package that contains topics about adolescent health, self-esteem and self-efficacy is to be delivered to students and the student must be study topics of training package in a week and answered a questionnaire to fill again after 3 months post-test, the back to reference school.

Category

Prevention

3

Description

In the control group: students completed the pretest questionnaire at baseline and then after 3 months without any intervention return back to reference school to complete a post-test questionnaire.

Category

Prevention

Recruitment centers

1

Recruitment center

Name of recruitment center

Almahdi Female Elementry School

Full name of responsible person

Mahboobeh heydari

Street address

Almahdi Female Elementry School, before Estandard Square, Mesbah Interjunction, Karaj, Alborz

City

Karaj

2

Recruitment center

Name of recruitment center

Asadabadi Female Elementry School

Full name of responsible person

Mahboobeh heydari

Street address

Asadabadi Female Elementry School, Shahid Fahmideh square, Karaj, Alborz

City

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3

Recruitment center

Name of recruitment center

Shahid Darashti Female Elementry School

Full name of responsible person

Mahboobeh heydari

Street address

Shahid Darashti Female Elementry School, Enterance Sheykh Abad, Karaj, Alborz

City

Karaj

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Research Council of Tehran University of Medical Sciences

Full name of responsible person

Fotouhi Akbar doctor - Research Assistant

Street address

Jerusalem headquarters on the sixth floor, Tehran University of Medical Sciences St., Keshavarz Blvd Tehran

City

Tehran

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Research Council of Tehran University of Medical Sciences

Proportion provided by this source

100

Public or private sector

empty

Domestic or foreign origin

empty

Category of foreign source of funding

empty

Country of origin

Type of organization providing the funding

empty

Person responsible for general inquiries

Contact

Name of organization / entity

Tehran University of Medical Sciences

Full name of responsible person

Mandana Mir Mohammad Ali E.

Position

Master of Midwifery

Other areas of specialty/work

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Web page address

Sharing plan

Deidentified Individual Participant Data Set (IPD)

empty

Study Protocol

empty

Statistical Analysis Plan

empty

Informed Consent Form

empty

Clinical Study Report

empty

Analytic Code

empty

Data Dictionary

empty