

Clinical Trial Protocol

Iranian Registry of Clinical Trials

27 Jun 2026

The Effect of Education Based on Self-Management Empowerment Model on the Sense of Coherence, Coping Strategies and Self-Efficacy of Girl Adolescents with Internet Addiction

Protocol summary

Study aim

Determining the effect of education based on self-management empowerment model on the sense of coherence, coping strategies and self-efficacy of girl adolescents with Internet Addiction

Design

A randomized controlled clinical trial; without blinding, parallel groups; with a sample size of 80 teenage girls who will be randomized into two intervention and control groups using Excel random numbers.

Settings and conduct

This study will be conducted in girls' schools of the first half of middle school in Bushehr city, after obtaining the relevant permits and sampling, first the necessary questionnaires will be completed by the sample and then the intervention based on the self-management empowerment model will be conducted in the mentioned areas for two months.

Participants/Inclusion and exclusion criteria

Inclusion Criteria: Age between 12-14 years; moderate to high internet addiction score. Exclusion criteria: Having a known mental illness and taking psychiatric drugs affecting behavior and speech.

Intervention groups

In the intervention group, empowerment strategies will be implemented in the three areas of sense of coherence, coping strategies and self-efficacy, according to the self-management empowerment model in 5 steps. In such a way that the solutions will be taught to the patient in at least four 45-minute sessions with an interval of two weeks, depending on the conditions of the teenage girl with Internet addiction, and then the educational booklet will be presented to the patient. The control group will not receive any intervention.

Main outcome variables

sense of coherence; Efficacy; Coping strategies and Internet addiction

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20130422013092N11**

Registration date: **2022-09-16, 1401/06/25**

Registration timing: **prospective**

Last update: **2022-09-16, 1401/06/25**

Update count: **0**

Registration date

2022-09-16, 1401/06/25

Registrant information

Name

Maryam Ravanipour

Name of organization / entity

Bushehr University of Medical Sciences

Country

Iran (Islamic Republic of)

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Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2022-10-08, 1401/07/16

Expected recruitment end date

2022-12-20, 1401/09/29

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The Effect of Education Based on Self-Management Empowerment Model on the Sense of Coherence, Coping Strategies and Self-Efficacy of Girl Adolescents with Internet Addiction

Public title

The Effect of Education Based on Self-Management Empowerment Model on the Sense of Coherence, Coping Strategies and Self-Efficacy of Girl Adolescents with Internet Addiction

Purpose

Education/Guidance

Inclusion/Exclusion criteria

Inclusion criteria:

Being between 12-14 years old Studied in Bushehr high schools Having a moderate to high internet addiction score Having a device to connect to the Internet such as a smartphone Willingness and consent of the teenager and his parents to participate in the study

Exclusion criteria:

Having a known mental illness and taking psychiatric drugs affecting behavior and speech; Participation in other similar research.

Age

From **12 years** old to **14 years** old

Gender

Female

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **80**

Randomization (investigator's opinion)

Randomized

Randomization description

The researcher will select and refer to two non-profit girls' schools and two public girls' schools of the first year of secondary school as a simple random sampling. The sample size includes 80 people, 20 people will be selected from each school. Based on the list of class names, the Internet addiction questionnaire is provided to the teenager to complete it. The completion of the questionnaire is continued by 3 levels until finally 20 people from each school whose score of internet addiction is medium to high are selected and assigned to two test and control groups based on the random numbers of the Excel software. In order to prevent the exchange of information between the two groups, there will be a public school in the test group and a public school in the control group, as well as a non-profit school in the test group and a non-profit school in the control group.

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

Resercher assistance Bushehr University of Medical Sciences

Street address

Busher, Sabzabad, next Salman Ffarsi hospital, Bushehr University of Medical Sciences

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Postal code

7518759577

Approval date

2022-09-14, 1401/06/23

Ethics committee reference number

IR.BPUMS.REC.1401.078

Health conditions studied

1

Description of health condition studied

Internet Addiction

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description

attainment to sense of coherence

Timepoint

Before intervention, 2 month after intervention

Method of measurement

Antonovsky sense of coherence questionnaire

2

Description

attainment to Self Efficacy

Timepoint

En before intervention, 2 month after intervention

Method of measurement

Scherer General Self-Efficacy Questionnaire

3

Description

Attainment to problem-oriented coping strategies

Timepoint

En before intervention, 2 month after intervention

Method of measurement

Endler and Parker coping with stressful situations questionnaire

Secondary outcomes

1

Description

Achieving proper management in using the Internet

Timepoint

before intervention

Method of measurement

Young's Internet Addiction Questionnaire

Intervention groups

1

Description

Intervention group: After obtaining written consent from all the participants and completing the demographic information questionnaire, Antonovski's sense of coherence questionnaire, Endler and Parker's coping with stressful situations questionnaire and Scherer's general self-efficacy questionnaire will be completed. In the intervention group, strategies for empowering teenagers with Internet addiction in 3 areas of sense of coherence, coping strategies and self-efficacy will be carried out according to the self-management empowerment model in 5 steps. In such a way that the solutions depend on the conditions and needs of the teenager with internet addiction, in the form of face-to-face and individual interviews for two weeks, two 45-minute sessions are implemented every week, then the training booklet will be presented to the teenager, and after During this period, counseling and follow-up will be provided through phone calls for 6 weeks, and the proposed programs will be implemented for two months. For teenagers in the intervention group, self-management empowerment program training that includes the structural concepts of self-awareness of changes, independence, role function, adaptability, perceived satisfaction, sense of control and self-management will be implemented. The intervention will be implemented for 8 weeks in the intervention group. After two months, Antonovsky's sense of coherence questionnaire, Endler and Parker's coping with stressful situations questionnaire and Scherer's general self-efficacy questionnaire will be completed again by the intervention and control groups.

Category

Lifestyle

2

Description

Control group: Without the intervention

Category

Lifestyle

Recruitment centers

1

Recruitment center

Name of recruitment center

Bushehr public and non-profit schools

Full name of responsible person

Somaye Bashirinia

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Bushehr, Ashuri, Baharestan Alley 50, Alley 2

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Boushehr University of Medical Sciences

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

Boushehr 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

Boushehr University of Medical Sciences

Full name of responsible person

Somaye Bashirinia

Position

Master Nursing student, member of student research committee of Bushehr University of Medical Sciences

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

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