

Clinical Trial Protocol

Iranian Registry of Clinical Trials

24 Jun 2026

Effect of a peer-led training program on girl student's self esteem in governmental guidance schools of Shiraz city; An application of social cognitive theory

Protocol summary

Summary

The present study was an educational randomized control trial that investigated the effect of peer-led training program with using social-cognitive theory on female self-esteem of second-grade students in public guidance schools of Shiraz city. 223 public school female students in the second grade were participated in two groups: experimental (n=115) and control groups (n=108). In this investigation which lasted 2 months, was surveyed the effect of Independent variable (peer-led training program) on dependent variables (Self-Esteem). Pre and post intervention data (1 and 6 weeks after intervention) were collected by using Pope's 5-Scale Test of Self-Esteem. The Students who had one absence session in training period and those who participated in the pre-test and post-test but did not participate were excluded.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT201310056261N3**

Registration date: **2014-02-02, 1392/11/13**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2014-02-02, 1392/11/13

Registrant information

Name

Mohammad Hussein Kaveh

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 71 1725 1001

Email address

kaveh@sums.ac.ir

Recruitment status

Recruitment complete

Funding source

Shiraz University of Medical Sciences

Expected recruitment start date

2011-03-20, 1389/12/29

Expected recruitment end date

2012-03-20, 1391/01/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effect of a peer-led training program on girl student's self esteem in governmental guidance schools of Shiraz city; An application of social cognitive theory

Public title

Effect of a peer-led training program on girl student's self esteem

Purpose

Health service research

Inclusion/Exclusion criteria

Entrance requirements: The students of public guidance schools of Shiraz city; the students of female second-grade; the students are willing to cooperate; the continuous and sequential training program participants. Exclusion criteria: Students in training sessions have been held for more than one session may be absent; Students who have participated in the pre-test and post-test, but do not attend; Exclusion reason of such transfer,

cancel or migrate from Shiraz.

Age

From **12 years** old to **15 years** old

Gender

Female

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **223**

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**

Shiraz University of Medical Sciences

Street address

Shiraz

City

Shiraz

Postal code**Approval date**

2013-01-26, 1391/11/07

Ethics committee reference number

CT-91-6432

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

Self-esteem

ICD-10 code

Z61.3

ICD-10 code description

Events resulting in loss of self-esteem in childhood

Primary outcomes**1****Description**

Self-esteem

Timepoint

Pre , post 1 and 6 weeks after intervention

Method of measurement

Pope's 5-Scale Test of Self-Esteem

Secondary outcomes**1****Description**

self-efficacy

Timepoint

Pre, post 1 and 6 weeks after intervention

Method of measurement

questionnaire of self-efficacy

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

Perform educational intervention in experimental group through 5 sessions (10 hours) with peer-led method

Category

Behavior

2**Description**

Dont intervention in control group

Category

N/A

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

public Guidance Schools of Shiraz Cty

Full name of responsible person

Mrs.Ahmadi

Street address**City**

Shiraz

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

Shiraz University of Medical Sciences

Full name of responsible person

Dr. Ali Poost Froosh

Street address

Shiraz University of Medical Sciences, School of Health, department of Health Education and Promotion

City

Shiraz

Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
Shiraz 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

Person responsible for scientific inquiries

Contact

Name of organization / entity
Shiraz University of Medical Sciences
Full name of responsible person
Dr. Mohammad Hossein Kaveh
Position
PHD of health education and promotion
Other areas of specialty/work
Street address
Shiraz University of Medical Sciences, school of public health, Department of health education and promotion
City
Shiraz
Postal code
Phone
+98 71 1725 1001
Fax
+98 71 1726 0225

Email
kave@sums.ac.ir
Web page address

Person responsible for updating data

Contact

Name of organization / entity
Shiraz University of Medical Sciences
Full name of responsible person
Dr. Mohammad Hossein Kaveh
Position
PHD of Health Education and Promotion
Other areas of specialty/work
Street address
Shiraz University of Medical Sciences, school of public health, department of Health Education and Promotion
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Shiraz
Postal code
Phone
+98 71 1725 1001
Fax
+98 71 1726 0225
Email
kave@sums.ac.ir
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