

Clinical Trial Protocol

Iranian Registry of Clinical Trials

05 Jul 2026

The effect of communication skills training on the quality of school life of Female teenager high school students

Protocol summary

Study aim

Determining The effect of communication skills training on the quality of school life of High school girl teenager

Design

parallel group randomised trial with singel blinded .

Settings and conduct

At first, Anderson and Brook school quality of life questionnaire is completed. Then for the intervention group in 6 sessions of 45-60 minutes, (one session per week for 45 days), training sessions will be held at the school. The sessions are in the form of lectures, group discussions, questions and answers, role playing and scenario writing .After the end of the intervention, immediatly and one month later, the questionnaire will be completed again by the samples. For the control group, educational content will be provided in the form of an educational pamphlet.

Participants/Inclusion and exclusion criteria

She must have written consent to participate in the study./Failure to participate in similar educational programs./ age :13-16 years old./ No history of mental disorders, cognitive disorders and no history of other neurological disorders

Intervention groups

For the intervention group in 6 sessions of 45-60 minutes, (one session per week for 45 days), training sessions will be held at the school. The sessions are in the form of lectures, group discussions, questions and answers, role playing and scenario writing .The general content of the sessions includes teaching the concepts of communication and communicating effectively with others. For the control group, educational content will be provided in the form of an educational pamphlet.

Main outcome variables

{Quality of school life}

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20230415057914N1**
Registration date: **2023-04-24, 1402/02/04**
Registration timing: **prospective**

Last update: **2023-04-24, 1402/02/04**

Update count: **0**

Registration date

2023-04-24, 1402/02/04

Registrant information

Name

nasrin mansooriya

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 51 4335 0120

Email address

mansournian3@mums.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2023-09-23, 1402/07/01

Expected recruitment end date

2023-10-07, 1402/07/15

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of communication skills training on the quality of school life of Female teenager high school students

Public title

The effect of communication skills training on the quality of school life

Purpose

Education/Guidance

Inclusion/Exclusion criteria**Inclusion criteria:**

Having written consent to participate in the study Failure to participate in a similar training program Teenage girl in the age range of 13-16 years No history of mental disorders, cognitive disorders and other neurological disorders No drug addiction

Exclusion criteria:

Participant's unwillingness to continue cooperation Having an acute physical or mental problem during the study Participating in a similar training program during the study Absence of more than one session in training sessions

Age

From **13 years** old to **16 years** old

Gender

Female

Phase

N/A

Groups that have been masked

- Participant

Sample size

Target sample size: **60**

Randomization (investigator's opinion)

Randomized

Randomization description

A simple randomization method is used. A systematic method is used for simple sampling. (statistical software).

Blinding (investigator's opinion)

Single blinded

Blinding description

Two schools are selected in the same area and one is the intervention group and the other is the control group.

Placebo

Not used

Assignment

Parallel

Other design features**Secondary Ids**

empty

Ethics committees**1****Ethics committee****Name of ethics committee**

Ethics Committee of Mashhad University of Medical Sciences

Street address

No.144, 24th Pooyesh Street., Nyshboor., Khorasan Razavi

City

Nyshboor

Province

Razavi Khorasan

Postal code

12345678

Approval date

2023-03-13, 1401/12/22

Ethics committee reference number

IR.MUMS.NURSE.REC.1401.114

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

The effect of teaching communication skills on the quality of school life

ICD-10 code**ICD-10 code description****Primary outcomes****1****Description**

Quality of school life

Timepoint

The questionnaire should be completed before the intervention, immediately after the intervention and one month after the intervention.

Method of measurement

Anderson and Brooke questionnaire

Secondary outcomes

empty

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

Intervention group: communication skills are taught for this group. The general content of the educational program includes the concepts of defining communication, the importance of effective communication skills with others, verbal and non-verbal communication skills, communication barriers, the ability to express oneself and the power to say no, politeness and respect, and avoiding aggressive behavior.

Category

Behavior

2**Description**

Control group: There is no face-to-face training by the researcher. Conducts education and usual school activities. The pamphlet will be given to this group during reading.

Category

Behavior

Recruitment centers

1

Recruitment center

Name of recruitment center

High school

Full name of responsible person

Nasrin Mansooriya

Street address

Imam Reza St., Danesh intersection, Danesh West,
Education District 2, Mashhad

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Postal code

12345678

Phone

+98 51 3859 0829

Email

Mansooriya.92@gmail.com

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Mashhad University of Medical Sciences

Full name of responsible person

Masoud Zare

Street address

Between University Street and 7th Ibn Sina street
,Mashhad

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Phone

+98 51 3859 1511

Email

RAMResearch@mums.ac.ir

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Mashhad University of Medical Sciences

Proportion provided by this source

80

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

Mashhad University of Medical Sciences

Full name of responsible person

Nasrin Mansooriya

Position

Nurse

Latest degree

Bachelor

Other areas of specialty/work

Nursery

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Person responsible for scientific inquiries

Contact

Name of organization / entity

Mashhad University of Medical Sciences

Full name of responsible person

Nasrin Mansooriya

Position

Nurse

Latest degree

Bachelor

Other areas of specialty/work

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Person responsible for updating data

Contact

Name of organization / entity

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Full name of responsible person

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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

Not applicable

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

Not applicable

Title and more details about the data/document

The data of the main variable of quality of school life is published.

When the data will become available and for how long

The access period starts 6 months after the results are published.

To whom data/document is available

Researchers working in academic and scientific institutions, Teachers

Under which criteria data/document could be used

Do not make any changes to the data or documentation.

From where data/document is obtainable

By sending an email to mansooraniya.92@gmail.com

What processes are involved for a request to access data/document

one month after receiving the email

Comments