

Clinical Trial Protocol

Iranian Registry of Clinical Trials

20 Jun 2026

Investigating the Effect of Social Skills Training on Self-esteem and Social Adjustment of Nursing Students

Protocol summary

social skills training; self-esteem; social adjustment

Study aim

Determining the effect of social skills training on self-esteem and social adjustment of Shahid Beheshti University of Medical Sciences nursing students in 1401-1402

Design

An Experimental study with an experimental and control groups with 60 nursing students of Shahid Beheshti University of Medical Sciences who will be divided into two groups using the coin toss method.

Settings and conduct

1. Approving the research in the ethics committee and permission obtaining from the postgraduate education.
2. Submitting permission to the nursing faculty of Shahid Beheshti.
3. Inviting students who have the inclusion criteria and Obtaining consent from them.
5. assigning them to the test and control groups.
6. Completion of all tools by samples.
7. performing of intervention.
8. Completion of tools, immediately and one month later and then analysis of results

Participants/Inclusion and exclusion criteria

Inclusion criteria: 1) the student is in the third period of adolescence, i.e. between the ages of 18 and 20; 2) The student should not participate in similar classes or similar research while doing this research; Exit criteria: 1) Absence of a student from more than one class session 2) The student's withdrawal from continuing to participate in this research

Intervention groups

The social skills training program includes: the importance of social skills, verbal and non-verbal skills, group skills, emotional expression skills, taking care of yourself and others, problem solving skills, listening and self-expression skills, decision making and conflict resolution skills for the implementation intervention group will be done. The control group will not receive any intervention. At the end of the study, the educational content will be provided to them

Main outcome variables

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20220501054714N2**

Registration date: **2023-05-13, 1402/02/23**

Registration timing: **registered_while_recruiting**

Last update: **2023-05-13, 1402/02/23**

Update count: **0**

Registration date

2023-05-13, 1402/02/23

Registrant information

Name

Gashin Saeedi

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 21 8865 5382

Email address

saeedi.gashin@yahoo.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2023-05-10, 1402/02/20

Expected recruitment end date

2023-07-11, 1402/04/20

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title
Investigating the Effect of Social Skills Training on Self-esteem and Social Adjustment of Nursing Students

Public title
Investigating the Effect of Social Skills Training on Self-esteem and Social Adjustment of Nursing Students

Purpose
Education/Guidance

Inclusion/Exclusion criteria
Inclusion criteria:
the student is in the third period of adolescence, i.e. between the ages of 18 and 20;
Exclusion criteria:
The student participate in similar classes or similar researches at the same time as doing this research

Age
From **18 years** old to **20 years** old

Gender
Both

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **60**

Randomization (investigator's opinion)
Randomized

Randomization description
First, among the nursing students, the classes whose students are eligible based on the study entry criteria and are willing to participate in this research (age 18 to 20 years old), will be selected by coin tossing into two intervention and control groups. In this research, the coin toss method will be used for randomization.

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

Ethics committee of Shahid Beheshti university of medical sciences

Street address

Shahid Chamran Highway - Evin - Next to Taleghani Hospital - Medical School - Third Floor

City

Tehran
Province
Tehran
Postal code
193954719

Approval date

2023-04-26, 1402/02/06

Ethics committee reference number

IR.SBMU.PHARMACY.REC.1402.004

Health conditions studied

1

Description of health condition studied

Social skills-Self-esteem-Social adjustment-Nursing Students

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description

Social Skills

Timepoint

At the beginning of the study, immediately after the training sessions, one month after the training sessions

Method of measurement

The Teenage Inventory of Social Skills

2

Description

Self-esteem

Timepoint

At the beginning of the study, immediately after the training sessions, one month after the training sessions

Method of measurement

Coopersmith Self Esteem Inventory

3

Description

Social Adjustment

Timepoint

At the beginning of the study, immediately after the training sessions, one month after the training sessions

Method of measurement

California test of personality

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: If the sample is placed in the

intervention group, the date and time of the classes will be informed. The educational intervention, which will consist of five one-hour sessions over five weeks, will be organized for the intervention group with the coordination of the nursing faculty of Shahid Beheshti University of Medical Sciences. To prepare educational content, the book *Social Skills in Interpersonal Communication* by Owen Harji, Christian Saunders and David Dixon, 2013, *Chris McLeod's Social Skills Guide 2014*, and *Life Skills Training* by Parto Saifullahi 2017 are used. In the design of content using simple language or in other words not using specialized words, reducing the speed of speaking, prioritizing and reducing the number of key points presented in each training session, while providing a comfortable and shame-free environment, high quality print media. Appropriate reading such as pamphlets, pictures, educational videos, various oral, written and combined teaching methods such as lectures with questions and answers, Teach Back, group discussion, practical demonstration, role play and clear communication techniques will be used. The training program will be as follows: First session: introduction and getting to know the group members, statement of group rules, discussion about the importance of social skills, verbal skills, non-verbal communication skills. Second session: group skills, skills to express feelings such as anger control. The third session: taking care of yourself and others, problem solving skills. The fourth session: listening skills, self-expression skills. The fifth session: decision-making skills, conflict resolution skills, summarizing and evaluating the results of the meetings.

Category

Lifestyle

2

Description

Control group: There will be no intervention

Category

Lifestyle

Recruitment centers

1

Recruitment center

Name of recruitment center

Faculty of Nursing, Shahid Beheshti University of Medical Sciences

Full name of responsible person

Vahid Zamnzadeh

Street address

Tehran, Vali Asr St., intersection of Niayesh Highway, in front of Shahid Rajaei Heart Hospital, Faculty of Nursing and Midwifery

City

Tehran

Province

Tehran

Postal code

19857-17443

Phone

+98 21 8865 5366

Email

sbmuf@sbmu.ac.ir

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Shahid Beheshti University of Medical Sciences

Full name of responsible person

Afshin Zarqi

Street address

Tehran - Valiasr St. - No. 2660 - Shahid Beheshti School of Pharmacy

City

Tehran

Province

Tehran

Postal code

1996835113

Phone

+98 21 8820 0096

Email

zarghi@sbmu.ac.ir

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Shahid Beheshti 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

Shahid Beheshti University of Medical Sciences

Full name of responsible person

Gashin Saeedi

Position

MSc student of community health nursing

Latest degree

Bachelor

Other areas of specialty/work

Nursery

Street address

No. 9, Unit 1, Navab Highway, Bahman Dead End, Jomhuri Square

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1311673611
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+98 918 383 7057
Email
saeedi.gashin@yahoo.com

Person responsible for scientific inquiries

Contact

Name of organization / entity
Shahid Beheshti University of Medical Sciences
Full name of responsible person
Gashin Saeedi
Position
MSc student of community health nursing
Latest degree
Bachelor
Other areas of specialty/work
Nursery
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No. 9, Unit 1, Navab Highway, Bahman Dead End,
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1311673611
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Person responsible for updating data

Contact

Name of organization / entity
Shahid Beheshti University of Medical Sciences
Full name of responsible person

Gashin Saeedi
Position
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saeedi.gashin@yahoo.com

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