Clinical Trial Protocol
Iranian Registry of Clinical Trials

22 Nov 2026

Evaluating the Effect of Digital Etiquette Educational Intervention on Adherence to Virtual Healthy Behaviors in Primary School Students

Protocol summary

Study aim

Developing and Evaluating the Effect of Digital Etiquette Educational Intervention on Adherence to Virtual Healthy Behaviors in Primary School Students.

Design

An educational trial of before and after type, with parallel groups, randomized, with the participation of 245 boy and girl students of the fifth and sixth grade of elementary school.

Settings and conduct

This study will be conducted in primary schools of Khomeini Shahr. First of the 82 schools of the second period of elementary school, 46 schools located in the city center, which were more homogenous in terms of socioeconomic status and other conditions, were identified. Then, using the table of random numbers, two primary schools for girls and two primary schools for boys with 5th and 6th grades as the test group and two primary schools for girls and two primary schools for boys with 5th and 6th grades as the control group. The data before and two months after the intervention are collected and compared by means of a virtual healthy behavior questionnaire.

Participants/Inclusion and exclusion criteria

inclusion criteria: 5th and 6th grade male and female students who wish to participate in the research, have a smart cell phone, and their parents consent for their child's participation in the study. Exclusion criteria: students who have been absent from educational sessions for more than 2 sessions and are not present at the time of data collection

Intervention groups

Intervention group: The intervention in this group will be conducted for six weeks using effective intervention methods and strategies, including lectures, role playing, scenario statements, questions and answers, etc. Control group: no intervention

Main outcome variables

1.Virtual healthy behavior 2. Attitude towards behavior 3. Subjective norms 4.Risk of Prototype 5.Willingness 6. Intention to observance digital etiquette

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20230324057770N1**
Registration date: **2023-07-18, 1402/04/27**
Registration timing: **prospective**

Last update: **2023-07-18, 1402/04/27**
Update count: **0**

Registration date

2023-07-18, 1402/04/27

Registrant information

Name

Mina Hajihashemi

Name of organization / entity

Country

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Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2023-11-30, 1402/09/09

Expected recruitment end date

2024-11-29, 1403/09/09

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date
empty

Scientific title
Evaluating the Effect of Digital Etiquette Educational Intervention on Adherence to Virtual Healthy Behaviors in Primary School Students

Public title
The Effect of Digital Etiquette Educational Intervention on Adherence to Virtual Healthy Behaviors in Students

Purpose
Prevention

Inclusion/Exclusion criteria

Inclusion criteria:
Fifth and sixth grade boys and girls students wishing to participate in research, Have a smartphone, Their parents should be satisfied with their child's participation in the study.

Exclusion criteria:
Students who Have more than 2 sessions absenteeism in training sessions, Do not be present at the time of collecting data.

Age
From **11 years** old to **13 years** old

Gender
Both

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **245**

Randomization (investigator's opinion)
Randomized

Randomization description
In the present study, one -stage cluster sampling was used. In fact, individuals are not the sampling unit, but schools are the sampling unit. First, the list of all schools with their exact addresses was obtained from the Department of Education, which included 82 schools. Then, based on the resulting list and to homogenize the samples, we categorized them based on the address of each school. Then, all the schools that were more homogenous in terms of socio-economic status and other conditions in the center of Khomeini Shahr were identified, which included 46 schools. In the sampling process, the gender distribution of the participants and their educational level were also considered. Then, considering all the mentioned conditions, using random number table, the following schools were selected as research units, separately from case and control groups: Selected schools of the intervention group (125 people) 5th grade of Shahid Iraqi Boys' School with 30 students 6th grade of Tarbiyat Boys' School with 24 students 5th grade of Davrpanah 20 Girls' School with 33 students 6th grade of Gol Narges Girls' School with 38 students Selected schools of the control group (120 people) 5th grade of Besat Boys' School with 30 students 6th grade of Dr. Hassan Ayat Boys' School with 27 students 5th grade of Shahed Amirkhani Girls' School with 30 students 6th grade of Forough girls' school with 33 students

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 Isfahan University of Medical Sciences

Street address
Building No. 4, Isfahan University of Medical Sciences, Hezar Jarib Street

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8174673461

Approval date
2023-06-13, 1402/03/23

Ethics committee reference number
IR.MUI.RESEARCH.REC.1402.103

Health conditions studied

1

Description of health condition studied
-

ICD-10 code
-

ICD-10 code description
-

Primary outcomes

1

Description
Attitude towards behavior

Timepoint
1- Before the intervention 2- Two months after the implementation of the intervention program

Method of measurement
Virtual healthy behavior questionnaire based on prototype and willingness model

2

Description

Subjective norms

Timepoint

1- Before the intervention 2- Two months after the implementation of the intervention program

Method of measurement

Virtual healthy behavior questionnaire based on prototype and willingness model

3

Description

Risk of Prototype

Timepoint

1- Before the intervention 2- Two months after the implementation of the intervention program

Method of measurement

Virtual healthy behavior questionnaire based on prototype and willingness model

4

Description

Willingness

Timepoint

1- Before the intervention 2- Two months after the implementation of the intervention program

Method of measurement

Virtual healthy behavior questionnaire based on prototype and willingness model

5

Description

Intention to observe netiquette

Timepoint

1- Before the intervention 2- Two months after the implementation of the intervention program

Method of measurement

Virtual healthy behavior questionnaire based on prototype and willingness model

Secondary outcomes

1

Description

Virtual healthy behavior

Timepoint

1- Before the intervention 2- Two months after the implementation of the intervention program

Method of measurement

Virtual healthy behavior questionnaire based on prototype and willingness model

Intervention groups

1

Description

Intervention group: The intervention will be performed in the following steps: 1. Justification of the selected samples in person regarding the objectives of the study, duration of the study, confidentiality of the participants' information, permission to withdraw from the study while conducting the research, distribution of the written consent form and emphasis to be completed by their parents 2. If the parents do not agree, random selection of another student, distribution of a virtual healthy behavior questionnaire made by the researcher based on the model of prototype and willingness personal information questionnaire and completed by the students of both groups before the educational intervention. 3. Justification of the intervention group regarding the conditions and manner of holding training sessions. 4. The beginning of educational intervention programs for the intervention group on a weekly basis and each session lasts 60-90 minutes. The duration of the intervention is 6 weeks and is as follows: First week: promoting a positive attitude regarding healthy behavior in the cyberspace, holding an educational session by a health education specialist; In the form of questions and answers regarding the definition of digital etiquette and the dimensions of digital citizenship and a discussion about the personal, family and social consequences of not observing etiquette in cyberspace along with solving the exercise (beliefs related to not observing etiquette in cyberspace) and stating statistics relevant in this field, as well as brainstorming and conducting group discussions about responsibility and paying attention to one's own and others' emotions and feelings in the virtual space. Second week: promoting a positive attitude regarding healthy behavior in the virtual space, holding a training session by a health education specialist; In the form of a review of the points presented in the last week, as well as brainstorming and group discussion about successful or unsuccessful experiences regarding the observance of etiquette in cyberspace. Third week: reducing the impact of subjective norms regarding unhealthy behavior in cyberspace, holding a training session by a health education specialist; in the form of group discussions and questions and answers regarding students' reference groups in cyberspace behavior (best friend, parents, teachers, etc.) The exercise solution technique by presenting a scenario related to peer pressure and the behavior of teenagers in cyberspace. Fourth week: promoting positive behavioral ideas of students regarding healthy behavior in cyberspace, holding a training session by a health education specialist; In the form of group discussion and questions and answers regarding the identification of positive and negative mental images of students and the strengthening of positive mental images (regarding teenagers who observe etiquette in cyberspace) and negative (regarding teenagers who observe etiquette in cyberspace) and develop a scenario for teenagers to evaluate a person who performs unhealthy virtual behavior and find that behavior distasteful and reduce their similarity with that person. Fifth week: promoting positive behavioral willingness of students regarding healthy behavior in virtual space, holding a training session by an expert Health Education; In the form of a speech to determine the difference between intentional and unintentional behavior for teenagers, teaching behavioral steps and steps in relation to observing

etiquettein cyberspace in high-risk situations, designing a scenario to imagine a high-risk situation and playing a role to change the reaction of students. Sixth week: holding a training session by a health education specialist; In the form of answering questions, repeating topics if needed and getting feedback from students.

Category

Prevention

2

Description

Control group: For this group, the following will be done:1- describing the objectives of the study to the participants and obtaining their consent 2- Providing educational content to all members of the control group after completing the study

Category

Prevention

Recruitment centers

1

Recruitment center

Name of recruitment center
Davrpanah 20 Primary School
Full name of responsible person
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2

Recruitment center

Name of recruitment center
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3

Recruitment center

Name of recruitment center
Tarbiyat primary school
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4

Recruitment center

Name of recruitment center
Shahid Iraqi Primary School
Full name of responsible person
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5

Recruitment center

Name of recruitment center
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6

Recruitment center

Name of recruitment center
Dr. Hasan Ayat Primary School
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7

Recruitment center
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8

Recruitment center
Name of recruitment center
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Sponsors / Funding sources

1

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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
Esfahan 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
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Mina Hajihashemi
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Person responsible for updating data

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Sharing plan

Deidentified Individual Participant Data Set (IPD)
No - There is not a plan to make this available

Justification/reason for indecision/not sharing IPD
Participants' data will remain confidential to the researcher due to the given assurance at the beginning of the study.

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
Not applicable

Analytic Code
Not applicable

Data Dictionary
Not applicable

Title and more details about the data/document
Some of the information about the main consequences can be shared

When the data will become available and for how long
One year after the results are published

To whom data/document is available
Isfahan University of Medical Sciences Vice Chancellor of Research.

Under which criteria data/document could be used
obtain a license from Isfahan University of Medical Sciences

From where data/document is obtainable
Isfahan University of Medical Sciences

What processes are involved for a request to access data/document
The applicant who desires to receives the documents can submit her/his request for obtaining the documents one year after the publication of the results through the Vice Chancellor of Research in Isfahan University of Medical Sciences

Comments