

Clinical Trial Protocol

Iranian Registry of Clinical Trials

10 Jul 2026

Effectiveness Evaluation of the educational package of sexual education on the level of sexual risk and self-esteem of female adolescents of the second secondary level

Protocol summary

Study aim

Effectiveness Evaluation of the educational package of sexual education on the level of sexual risk and self-esteem of female adolescents of the second secondary level

Design

Type of study: semi-experimental, sample size 33 people

Settings and conduct

Criteria for entering the research: gender, age, high score in tests
Research location: Jump training group
Community Verified icon

Participants/Inclusion and exclusion criteria

Research population: teenage female students of the second secondary level
Sample size and calculation method: The research sample includes 33 people who were selected by random cluster sampling and were placed in two experimental and control groups.

Intervention groups

By answering the questionnaires, the effect of the sex education training package on the self-esteem and sexual risk-taking of secondary school girls is determined. After that, the comprehensive sex education program, which includes educational activities based on theories and research findings, which increases the active participation of adolescents. In this program, it is required and is usually held in at least 10 to 12 sessions. In this research, an educational program adapted and based on a comprehensive sex education program has been presented in the form of a 10-session program with practical interactive and skill-learning activities.

Main outcome variables

Independent variables: sex education
Dependent variables: sexual vulnerability and self-esteem
Background variables: age, educational level
Community Verified icon
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General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20230716058797N1**

Registration date: **2023-07-20, 1402/04/29**

Registration timing: **registered_while_recruiting**

Last update: **2023-07-20, 1402/04/29**

Update count: **0**

Registration date

2023-07-20, 1402/04/29

Registrant information

Name

Mahdis Goodarzi

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 21 3307 0947

Email address

goodarzimahdis52@gmail.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2023-07-15, 1402/04/24

Expected recruitment end date

2023-08-05, 1402/05/14

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effectiveness Evaluation of the educational package of sexual education on the level of sexual risk and self-esteem of female adolescents of the second secondary level

Public title

The effect of sex education package on the level of sexual risk and self-esteem of adolescent girls

Purpose

Health service research

Inclusion/Exclusion criteria

Inclusion criteria:

teenage female Getting high marks in questionnaires

Exclusion criteria:

Age

From **15 years** old to **19 years** old

Gender

Female

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **33**

Randomization (investigator's opinion)

Not 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

Islamic Azad University, Semnan branch

Street address

4th FLOOR, NUMBER42, ABDOLLAH MOLLAH street, PIRUZI avenue

City

Tehran

Province

Tehran

Postal code

1766766835

Approval date

2023-07-16, 1402/04/25

Ethics committee reference number

IR.IAU.SEMNAN.REC.1402.015

Health conditions studied

1

Description of health condition studied

Sexual vulnerability and self-esteem

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description

Achieving a high score in the risk-taking questionnaire of Iranian adolescents Alizadeh Mohammadi and Ahmadabadi, a high score in the Cooper Smith self-esteem questionnaire

Timepoint

Before starting the treatment intervention, the first day - after the completion of the treatment intervention

Method of measurement

Alizadeh Mohammadi and Ahmadabadi risk taking questionnaire of Iranian teenagers - Cooper Smith Self Esteem QuestionnaireCommunity Verified icon

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: After the researcher's visit and obtaining the necessary permits, 33 teenage girls were selected and randomly assigned to two experimental and control groups, then they will be given the necessary training during 10 to 12 sessions, and then they will be tested. Since the time considered is 1 month to 1 and a half months, we are forced to hold the sessions intensively, that is, the sessions will be held with more time and less number, then both groups will be tested on risk tolerance and self-esteem.

Category

Prevention

2

Description

Control group: Control group: The control group will be asked to return in 1 and a half months, but no intervention will be done on them, but at the same time, we will conduct research on the intervention group.

Category

Prevention

Recruitment centers

1

Recruitment center

Name of recruitment center

no medical center

Full name of responsible person

-

Street address

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Email

goodarzimahdis52@gmail.com

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Semnan University of Medical Sciences

Full name of responsible person

محمد کریم سهرابی

Street address

SEMNNAN, km 5 of DAMGHAN road, in front of semnan
customs

City

SEMNNAN

Province

Semnan

Postal code

37111-35131

Phone

+98 23 3165 6565

Email

info@semnaniau.ac.ir

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

No

Title of funding source

Semnan Azad University

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**

Semnan University of Medical Sciences

Full name of responsible person

Mahdis Goodarzi

Position

Masters student

Latest degree

Bachelor

Other areas of specialty/work

Psychology

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Person responsible for scientific inquiries

Contact**Name of organization / entity**

Semnan University of Medical Sciences

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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

No - There is not a plan to make this available

Statistical Analysis Plan

No - There is not a plan to make this available

Informed Consent Form

No - There is not a plan to make this available

Clinical Study Report

No - There is not a plan to make this available

Analytic Code

No - There is not a plan to make this available

Data Dictionary

No - There is not a plan to make this available