

Clinical Trial Protocol

Iranian Registry of Clinical Trials

09 Jul 2026

Comparison of the effectiveness of self-regulatory strategies of motivation and self-compassion training on resilience, academic stress, and academic self-concept of high school male students with low academic performance

Protocol summary

Study aim

Comparison of the effectiveness of self-regulatory strategies of motivation and self-compassion training on resilience, academic stress, and academic self-concept of high school male students with low academic performance

Design

In this study, a sample of 90 11th-grade students from five educational districts in Tabriz during the academic year 1402-1401 were selected using random cluster sampling. Three schools with the lowest average annual scores were chosen from a randomly selected district, and 30 students with the lowest academic achievement average from each school were selected as a group.

Settings and conduct

Based on the objectives and hypotheses, this research follows a semi-experimental design using a pre-test and post-test method, with a control group. Three research groups were formed in three selected schools consisting of students with the lowest academic performance in their classes. Randomly, two groups were selected as the experimental groups and one group as the control group, resulting in triple groups.

Participants/Inclusion and exclusion criteria

The male 11th-grade participants have not previously engaged in any self-regulation or self-compassion programs and exhibit low academic performance.

Intervention groups

In this research, self-compassion and motivation self-regulation strategies, groups will receive 10 sessions of training based on educational packages designed by Abui (2018) and Pourhossein (2017) respectively. The control group will only undergo pre-test and post-test without any intervention.

Main outcome variables

resilience ,academic stress academic self-concept

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20230826059266N1**

Registration date: **2023-08-29, 1402/06/07**

Registration timing: **retrospective**

Last update: **2023-08-29, 1402/06/07**

Update count: **0**

Registration date

2023-08-29, 1402/06/07

Registrant information

Name

Masoumeh Azmoudeh

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 41 3443 0247

Email address

mas_azemod@yahoo.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2023-09-01, 1402/06/10

Expected recruitment end date

2023-09-02, 1402/06/11

Actual recruitment start date

2023-04-21, 1402/02/01

Actual recruitment end date

2023-07-23, 1402/05/01

Trial completion date

2023-08-31, 1402/06/09

Scientific title

Comparison of the effectiveness of self-regulatory strategies of motivation and self-compassion training on resilience, academic stress, and academic self-concept of high school male students with low academic performance

Public title

Comparison of the effectiveness of self-regulatory strategies of motivation and self-compassion training on resilience, academic stress, and academic self-concept of high school male students with low academic performance

Purpose

Education/Guidance

Inclusion/Exclusion criteria

Inclusion criteria:

11th grade male students with low academic performance

Exclusion criteria:

Students with high academic performance Experience participating in the workshop on motivational self-regulation strategies History of participation in mindfulness workshop

Age

From **17 years** old to **17 years** old

Gender

Male

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **90**

Actual sample size reached: **90**

Randomization (investigator's opinion)

Randomized

Randomization description

90 students will be selected from the studied population in 3 groups of 30 people by multi-stage cluster random method. In this way, one district will be randomly selected among the five districts, and then the annual average of the schools in that district will be taken, and the three schools with the lowest average will be selected. After selecting these three schools, the scores of the students in each school will be sorted from the lowest to the highest, and 30 students from each school with the lowest academic achievement average will be selected as a group. Therefore, in total, three research groups will be formed in 3 selected schools, consisting of students with the lowest academic performance in their classes, and then randomly, 2 groups selected for the experimental groups and one group selected for the control group will be replaced in the three groups. The explanation that Kerlinger's recommendations will be used in estimating the sample size, is that for experimental designs, a random selection of 30 samples can guarantee the external validity of research findings.

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

Research ethics committee of Islamic Azad University, Tabriz branch

Street address

Pasdaran Highway

City

Tabriz

Province

East Azarbaijan

Postal code

5157944533

Approval date

2023-02-21, 1401/12/02

Ethics committee reference number

IR.IAU.TABRIZ.REC.1401.313

Health conditions studied

1

Description of health condition studied

Resilience

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description

Resilience

Timepoint

After completing the intervention

Method of measurement

Connor and Davidson Resilience Questionnaire

2

Description

academic stress

Timepoint

After completing the intervention

Method of measurement

Cohen and Frazer's academic stress questionnaire

3

Description

academic self-concept

Timepoint

After completing the intervention

Method of measurement

Liyu and Wang's academic self-concept questionnaire

Secondary outcomes

empty

Intervention groups

1

Description

The intervention group will receive ten sessions per week, each lasting an hour and a half, utilizing Pourhossein's (2017) educational package on self-regulation strategies.

Category

Behavior

2

Description

The intervention group will receive ten two-hour self-compassion sessions based on Aboui's (2018) educational package.

Category

Behavior

3

Description

control group: A control group will not receive any intervention and will only undergo pre-test and post-test.

Category

Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Education of East Azerbaijan

Full name of responsible person

Massoud Saadati

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Islamic Azad University

Full name of responsible person

Hessam

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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

Islamic 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

Islamic Azad University

Full name of responsible person

Pourshalchi

Position

PhD student in educational psychology, Tabriz Branch, Islamic Azad University, Tabriz, Iran

Latest degree

Master

Other areas of specialty/work

Psychology

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Person responsible for scientific inquiries

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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

Since the article will be extracted from a specialized doctoral thesis, the research method and analysis of findings will be mentioned. Data and informed consent forms will only be presented in coded form upon request of referees to check for data accuracy.

Study Protocol

No - There is not a plan to make this available

Statistical Analysis Plan

Not applicable

Informed Consent Form

No - There is not a plan to make this available

Clinical Study Report

Not applicable

Analytic Code

Not applicable

Data Dictionary

Not applicable