

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

09 Jul 2026

### Investigating the effect of self-compassion training on self-esteem and high-risk behaviors of teenagers in first secondary schools

#### Protocol summary

##### Study aim

Determining the effect of self-compassion training on self-esteem and high-risk behaviors of adolescents in the first year of high school

##### Design

A clinical trial with a control group, with parallel groups, a blind strain, will be conducted on 50 patients. Randomization is used using rand function of Excel software.

##### Settings and conduct

The research environment is the first secondary schools of the city of Minodasht. The participants were divided into two experimental and control groups by lottery and simple random method. The tools of data collection were the Cooper Smith standard self-esteem questionnaire and the Iranian Adolescent Risk Acceptance Questionnaire (IARS). A pre-test was taken and two questionnaires were filled by both test and control groups. In the test group, there were 8 90-minute sessions based on Gilbert's theory and similar articles. One training session was held in groups of 6-8 people per week.

##### Participants/Inclusion and exclusion criteria

The entry criteria include the informed consent of the teenager and their parents to participate in the research and not receiving education at the same time as this research, and being a first-year high school student and being single and living with both Waldo and the age of 13-15 years. The non-entry criterion also includes not participating in similar educational programs at the same time and unwillingness to participate in research.

##### Intervention groups

Self-compassion training is a human concept that includes kindness, right judgment, and good feelings in 8 training sessions for 90 minutes. No intervention will be done in the control group, but the content will be provided to them after the intervention.

##### Main outcome variables

Self-esteem and high-risk behaviors of adolescents

#### General information

##### Reason for update

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT20230820059192N1**

Registration date: **2023-09-05, 1402/06/14**

Registration timing: **prospective**

Last update: **2023-09-05, 1402/06/14**

Update count: **0**

##### Registration date

2023-09-05, 1402/06/14

##### Registrant information

##### Name

Zynab Turani

##### Name of organization / entity

##### Country

Iran (Islamic Republic of)

##### Phone

+98 17 3523 0124

##### Email address

z.t.parse76@gmail.com

##### Recruitment status

**Recruitment complete**

##### Funding source

##### Expected recruitment start date

2023-09-11, 1402/06/20

##### Expected recruitment end date

2023-10-12, 1402/07/20

##### Actual recruitment start date

empty

##### Actual recruitment end date

empty

##### Trial completion date

empty

##### Scientific title

Investigating the effect of self-compassion training on self-esteem and high-risk behaviors of teenagers in first secondary schools

#### Public title

Effect of self-compassion training on self-esteem and high-risk behaviors of adolescents

#### Purpose

Education/Guidance

#### Inclusion/Exclusion criteria

##### Inclusion criteria:

Informed consent of youth and parents to participate in research. Not receiving training at the same time as this research First year high school student Celibacy of students Living with both parents 13-15 years old

##### Exclusion criteria:

Participate in similar training programs at the same time Unwillingness to participate in the training process

#### Age

From **13 years** old to **15 years** old

#### Gender

Both

#### Phase

N/A

#### Groups that have been masked

- Participant

#### Sample size

Target sample size: **50**

#### Randomization (investigator's opinion)

Randomized

#### Randomization description

This study is a classic experimental type, after the project was approved by the Research Council of Aliabad Katul Azad University and the Code of Ethics was obtained from the Bioethics Committee, the researcher introduced himself to the education authorities of Minodasht city. While explaining the purpose of the research, he prepares a list of public secondary schools in the city of Minodasht. Then the research units participate in this study with written informed consent. It should be mentioned that all the research units will be assured of safety and anonymity before the research is carried out. It will be explained that by chance they may be placed in the control group or in the test group, also the purpose of this research will be explained to both the test and control groups. Even this assurance is given in writing and verbally to the research units, who can withdraw from the study during the study. Sampling by cluster method was first selected by simple random 4 schools (Allameh Tabatabai public school for boys, Nikan Devati school for girls, Hajar public school for girls, Sadra non-profit school for boys) and after preparing a list of students who meet the conditions for entering the study, the samples The research will be randomly assigned into two test and control groups. In this method, a number will be given to all the people who have the conditions to enter the study. Then, each person's numbers are selected by lottery. In the continuation, they are again divided into two test and control groups by lottery and simple random method. That means 50 people who will enter this study, their names will be written on paper.

The first 25 people are placed in the test group. The data collection tool is the Coppersmith standard self-esteem questionnaire and the Iranian Adolescent Riskiness Questionnaire (IARS).

#### Blinding (investigator's opinion)

Single blinded

#### Blinding description

In this study, only the students are unaware of the interpretation of the study

#### Placebo

Not used

#### Assignment

Single

#### Other design features

## Secondary Ids

empty

## Ethics committees

### 1

#### Ethics committee

##### Name of ethics committee

Research Ethics Committee of Islamic Azad University - Aliabad Katul branch

##### Street address

Aliabad Katul branch, Islamic Azad University, Aliabad Katul, Golestan, Iran

##### City

Aliabad Katul

##### Province

Golestan

##### Postal code

4981644338

#### Approval date

2023-03-01, 1401/12/10

#### Ethics committee reference number

IR.IAU.AK.REC.1401.006

## Health conditions studied

### 1

#### Description of health condition studied

Self Esteem

#### ICD-10 code

#### ICD-10 code description

### 2

#### Description of health condition studied

High Risk Behaviors

#### ICD-10 code

#### ICD-10 code description

## Primary outcomes

### 1

#### Description

Self-esteem score in Cooper Smith questionnaire

#### **Timepoint**

The self-esteem score will be measured once before the start of the intervention and once after the end of the intervention, that is, in the eighth session of the intervention.

#### **Method of measurement**

Cooper Smith Questionnaire

## **2**

#### **Description**

The high-risk behavior score in the standardized risk-taking questionnaire of Iranian adolescents

#### **Timepoint**

The self-esteem score will be measured once before the start of the intervention and once after the end of the intervention, that is, in the eighth session of the intervention.

#### **Method of measurement**

Standard risk questionnaire of Iranian adolescents

## **Secondary outcomes**

empty

## **Intervention groups**

### **1**

#### **Description**

Intervention group: In the test group, 8 sessions will be held for 90 minutes each session, based on Gilbert's theory and similar articles, one training class session will be held in groups of 6-8 people per week. The first session introduces and explains the objectives of the research, the second session teaches the concepts of compassion and its effective factors in life, the third session informs the person about human resources and suffering, the fourth session introduces the components of empowerment for compassion, training to tolerate distress and care along with increasing motivation and Well-being, the fifth session is the recognition of kindness and kind skills and kind feelings, the sixth session is the teaching skills of kind sensory experience and kind imagination, the seventh session is the skills of kind behavior and compassionate writing, and the eighth session is the summation and feedback of the sessions along with taking the post-test.

#### **Category**

N/A

### **2**

#### **Description**

Control group: No intervention will be done in the control group. Then, before and after the intervention, information from both groups is collected by Cooper Smith's Self-Esteem Questionnaire and Iranian Adolescent Riskiness Questionnaire (IARS) and entered into SPSS statistical software.

#### **Category**

N/A

## **Recruitment centers**

### **1**

#### **Recruitment center**

##### **Name of recruitment center**

Shahid Motahari Public School for Boys

##### **Full name of responsible person**

Idris Kohi

##### **Street address**

Shahid Motahari School, Kargar St., Qara Seflo, Modares Square, Minoodasht, Golestan, Iran

##### **City**

Minoodasht

##### **Province**

Golestan

##### **Postal code**

4981793111

##### **Phone**

+98 911 272 8388

##### **Email**

Gaminoo92@gmail.com

### **2**

#### **Recruitment center**

##### **Name of recruitment center**

Nikan Governmental Sample School for Girls

##### **Full name of responsible person**

Somaie Khosrow Jerdi

##### **Street address**

Nikan school, in front of the post office, Pasdaran St., Minoodasht, Golestan, Iran

##### **City**

Minoodasht

##### **Province**

Golestan

##### **Postal code**

4981943415

##### **Phone**

+98 17 3522 2532

##### **Email**

mkhosrojeerdi3@yahoo.com

### **3**

#### **Recruitment center**

##### **Name of recruitment center**

Hajar governmental School for Girls

##### **Full name of responsible person**

Maryam Shahsawari

##### **Street address**

Hajar School, In front of Naft Branch, Pasdaran Street, Minoodasht, Golestan, Iran

##### **City**

Minoodasht

##### **Province**

Golestan

##### **Postal code**

4981943414

##### **Phone**

+98 17 3522 1580

##### **Email**

**4****Recruitment center****Name of recruitment center**

Sadra non-profit school for boys

**Full name of responsible person**

Seyed Ali Hashemi

**Street address**

Sadra School, Beshtar St., 4, Minoodasht, Golestan, Iran

**City**

Minoodasht

**Province**

Golestan

**Postal code**

4981643715

**Phone**

+98 911 272 9399

**Email**

09112729399hashemi@yahoo.com

**Sponsors / Funding sources****1****Sponsor****Name of organization / entity**

Islamic Azad University

**Full name of responsible person**

Ghasem Barani

**Street address**

Aliabad Katul branch, Islamic Azad University, Aliabad Katul, Golestan, Iran

**City**

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**Province**

Golestan

**Postal code**

4981644338

**Phone**

+98 17 3523 0124

**Email**

ravabet@aliabadiu.ac.ir

**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****Person responsible for general inquiries****Contact****Name of organization / entity**

Islamic Azad University

**Full name of responsible person**

Zeinab Turani

**Position**

Master's Student In Pediatric Nursing

**Latest degree**

Bachelor

**Other areas of specialty/work**

Nursery

**Street address**

The last Intersection on the left, Bashtar 6, Bashtar, Minoodasht, Golestan, Iran

**City**

Minoodasht

**Province**

Golestan

**Postal code**

4981644338

**Phone**

+98 17 3523 0124

**Email**

z.t.parse@gmail.com

**Person responsible for scientific inquiries****Contact****Name of organization / entity**

Islamic Azad University

**Full name of responsible person**

Zeinab Turani

**Position**

Master's student in pediatric nursing

**Latest degree**

Bachelor

**Other areas of specialty/work**

Nursery

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**Phone**

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**Email**

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**Person responsible for updating data****Contact****Name of organization / entity**

Islamic Azad University

**Full name of responsible person**

Zeinab Turani

**Position**

Master's student in pediatric nursing

**Latest degree**

Bachelor

**Other areas of specialty/work**

Nursery

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**Postal code**

4981644338

**Phone**

+98 17 3523 0124

**Email**

z.t.parse@gmail.com

**Sharing plan****Deidentified Individual Participant Data Set (IPD)**

Yes - There is 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

**Title and more details about the data/document**

Yes - there is a plan to release it

**When the data will become available and for how long**

Still undecided - no release schedule yet

**To whom data/document is available**

Still undecided - no release schedule yet

**Under which criteria data/document could be used**

Still undecided - no release schedule yet

**From where data/document is obtainable**

Still undecided - no release schedule yet

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

Still undecided - no release schedule yet

**Comments**