Clinical Trial Protocol
Iranian Registry of Clinical Trials

17 Sep 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, slamic 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

mrymshhswary499@gmail.com

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, slamic Azad University, Aliabad Katul, Golestan, Iran

City
Aliabad katul

Province
Golestan

Postal code
4981644338

Phone
+98 17 3523 0124

Email
ravabet@aliabadiau.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
Academic

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

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 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
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

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