Clinical Trial Protocol
Iranian Registry of Clinical Trials

16 Sep 2026

The effectiveness of neuroverbal programming training on increasing self-esteem, self-confidence and motivation to progress

Protocol summary

Study aim
The purpose of this research is to investigate the effectiveness of neuroverbal programming training on increasing self-esteem, self-confidence and motivation to progress

Design
30 people in the control group and 30 people in the experimental group. sample available

Settings and conduct
After the virtual notification, I will register in two groups of 30 people, 30 people in the control group and 30 people in the experimental group. I will hold training for 30 people in the experimental group, 10 sessions of 2 hours, 1 session per week, which totals 20 hours. before the start of sessions for both control and experimental groups, pre-test and post-test Study location: Semnan, industrial town

Participants/Inclusion and exclusion criteria
inclusion criteria: not having acute mental health problems, not receiving any other intervention. Exclusion criteria: non-participation in intervention sessions, occurrence of physical problems

Intervention groups
Intervention group: 30 first grade students will be selected after virtual notification of registration. These 30 people receive 10 sessions of 2 hours, 1 session per week, training under neuropsychological programming interventions. These tests include goal setting, planning and time management, effective communication skills, levels of logical reasoning and representational systems. The total number of sessions is 20 hours. Before the start of the sessions, a pre-test and a post-test will be conducted for this group of 30 people. Control group: 30 first grade students will be selected after the virtual notification of registration. No training session will be held for these 30 people. From this group, 30 people will take the pre-test and then the post-test.

Main outcome variables
Self-esteem, self-confidence

General information

Reason for update

Acronym

IRCT registration information
IRCT registration number: **IRCT20230905059362N1**
Registration date: **2024-01-26, 1402/11/06**
Registration timing: **prospective**

Last update: **2024-01-26, 1402/11/06**
Update count: **0**

Registration date
2024-01-26, 1402/11/06

Registrant information

Name
Mohamad reza Kasaiyan

Name of organization / entity

Country
Iran (Islamic Republic of)

Phone
+98 23 3344 9447

Email address
kasaiyanmohammadreza@gmail.com

Recruitment status
Recruitment complete

Funding source

Expected recruitment start date
2024-01-30, 1402/11/10

Expected recruitment end date
2024-02-18, 1402/11/29

Actual recruitment start date
empty

Actual recruitment end date
empty

Trial completion date
empty

Scientific title

The effectiveness of neuroverbal programming training on increasing self-esteem, self-confidence and motivation to progress

Public title
The effect of planning training on increasing self-esteem, self-confidence and motivation to progress
Purpose
Education/Guidance
Inclusion/Exclusion criteria
Inclusion criteria:
All students who do not have acute mental problems, do not receive any other intervention and meet the conditions of attending the class
Exclusion criteria:
Not continuing meetings Group members need physical therapy
Age
From **14 years** old to **15 months** old
Gender
Both

Phase
N/A
Groups that have been masked
No information
Sample size
Target sample size: **30**
Randomization (investigator's opinion)
Not randomized
Randomization description
Blinding (investigator's opinion)
Not blinded
Blinding description
Placebo
Not used
Assignment
Other
Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee
Name of ethics committee
Ethics committee of Semnan Islamic Azad University
Street address
Semnan, Golestan town, Shagaig square, block 10, unit 15
City
semnan
Province
Semnan
Postal code
3519863639
Approval date
2023-08-09, 1402/05/18
Ethics committee reference number
IR.IAU.SEMNAN.REC.1402.041

Health conditions studied

1

Description of health condition studied
lack of self-esteem
ICD-10 code
ICD-10 code description

Primary outcomes

1

Description
Low self-esteem score in the Cooper-Smith test and low self-confidence score in the Zernberg test
Timepoint
The score of low self-esteem in the Cooper-Smith test is lower than 150.
Method of measurement
Cooper and Smith test - Zernberg test

Secondary outcomes

1

Description
Achievement motivation score
Timepoint
Achievement motivation test scores before and after neuroverbal intervention
Method of measurement
Hermanes progress motivation test

Intervention groups

1

Description
Intervention group: 30 first grade students will be selected after virtual notification of registration. These 30 people will have 10 sessions of 2 hours, 1 session per week, training will be held. The total number of meetings is 20 hours. Before the start of the sessions, a pre-test and a post-test will be conducted for this group of 30 people.
Category
Behavior

2

Description
Control group: 30 first grade students will be selected after the virtual notification of registration. No training session will be held for these 30 people. From this group, 30 people will be taken for pre-test and then post-test, like the experimental group.
Category
Behavior

Recruitment centers

1

Recruitment center

Name of recruitment center
Business clinic

Full name of responsible person
Mohammad Reza Kasaian

Street address
Semnan, Golestan town, Shagaig square, block 10, unit 15

City
semnan

Province
Semnan

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3519863639

Phone
+98 23 3344 9447

Email
kasaiyanmohammadreza@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
5 km of Semnan - Damghan road

City
semnan

Province
Tehran

Postal code
35131-37111

Phone
+98 23 3165 6565

Email
info@semnaniau.ac.ir

Grant name
Mohammad Karim Sohrabi

Grant code / Reference number

Is the source of funding the same sponsor organization/entity?
Yes

Title of funding source
Semnan 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

Name of organization / entity
Semnan University of Medical Sciences

Full name of responsible person
Mohammad Reza Kasaian

Position
Masters student

Latest degree
Bachelor

Other areas of specialty/work
Psychology

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Semnan, Golestan town, Shagaig square, block 10, unit 15

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Person responsible for scientific inquiries

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Person responsible for updating data

Contact

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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
There is no further information
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