

Clinical Trial Protocol

Iranian Registry of Clinical Trials

20 Jun 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

IR.IAU.SEMNAN.REC.1402.041

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

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

Postal code

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

Street address

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

City

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Email

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Person responsible for scientific inquiries

Contact

Name of organization / entity

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Full name of responsible person

Mohammad Reza Kasaian

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Other areas of specialty/work

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Email

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Person responsible for updating data

Contact

Name of organization / entity

Semnan University of Medical Sciences

Full name of responsible person

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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