Clinical Trial Protocol
Iranian Registry of Clinical Trials

16 Sep 2026

Investigating the effect of psychological interventions on imposter syndrome in teenager girl

Protocol summary

Study aim

Determining the effect of psychological interventions on imposter syndrome in teenage girls in the 12th year of high school in Lar city 1402-1401.

Design

The study is a clinical trial that has an intervention and a control group. With a parallel group, a blind strain, simple randomized, phase 3 on 40 people. A cluster method was used for randomization

Settings and conduct

In this way, the questionnaires are completed by all female students of the twelfth grade of the specified schools, and then 40 people are randomly selected from among those who have an impostor score of more than 60. After the end of the intervention sessions, the questionnaire is completed again by the two intervention and control groups, and finally, the control group, which did not receive training, is given a pamphlet that includes the training content of the sessions. In the present study, the person who performs the data analysis is blind to the study. In this way, he does not know the names and information of the samples and the questionnaires are coded

Participants/Inclusion and exclusion criteria

Inclusion criteria: It includes students who are girls and study in the twelfth grade Exclusion criteria: People who have not completed the questionnaire completely

Intervention groups

For the intervention group, 8 sessions of 60 minutes, which include training in cognitive behavioral approaches, are provided, and finally, the control group, which did not receive training, is given a pamphlet that includes the training content of the sessions.

Main outcome variables

The result of the main variable is the difference in the Imposter syndrome score of the samples before and after the intervention.

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20231004059613N1**
Registration date: **2023-10-16, 1402/07/24**
Registration timing: **prospective**

Last update: **2023-10-16, 1402/07/24**
Update count: **0**

Registration date

2023-10-16, 1402/07/24

Registrant information

Name

Zohreh Ghanaat

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 71 5224 2605

Email address

zohreh.ghanaat1993@gmail.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2023-10-23, 1402/08/01

Expected recruitment end date

2023-10-30, 1402/08/08

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Investigating the effect of psychological interventions on imposter syndrome in teenager girl

Public title
Investigating the effect of psychological interventions on imposter syndrome

Purpose
Treatment

Inclusion/Exclusion criteria

Inclusion criteria:
It includes students who are girls and study in the twelfth grade Students who score higher than 60 in the imposter syndrome questionnaire The family and the teenager herself must sign the informed consent form to participate in the study

Exclusion criteria:
Students who do not want to continue cooperating in the project for any reason at any stage of the research Students suffering from chronic physical or mental diseases according to their own statement and the health file available in the school People who have not completed the questionnaire completely

Age
From **17 years** old to **18 years** old

Gender
Female

Phase
3

Groups that have been masked

- Data analyser

Sample size
Target sample size: **40**

Randomization (investigator's opinion)
Randomized

Randomization description
The sampling method of the study is cluster type. First, the names of the girls' schools in the two districts of Lar city, which include the old city and the new city, are written on separate papers by a collaborator who is not aware of the study and samples. Then, the names of the schools in the Old City area are written on paper and placed in a sealed envelope, and the names of the girls' schools in the New City area are also written separately on paper and kept in a sealed envelope. In this way, we divide into two clusters. Then, by the same colleague, who is not aware of the type of study, the names of two schools are removed from the envelope of old city district cluster and the names of two schools from the envelope of new city district cluster. At the same time, the names removed without knowing the name are put into the sealed envelope of the dipper and two names are removed from the basket in a simple random manner, the first two schools are selected as the control group and the next two schools are selected as the intervention group.

Blinding (investigator's opinion)
Single blinded

Blinding description
Person who performs data analysis and statistical analysis blinded to the study, data and samples. In this way, this person does not know the names and characteristics of the samples, and the names are separated from the questionnaires and the questionnaires are coded, and the speech analyzer is aware of the objectives of the study.

Placebo
Not used

Assignment
Parallel

Other design features
The samples are divided into intervention and control groups, and the intervention group receives training sessions, but the control group does not receive information during the study.

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee
Ethics committee of Shiraz University of Medical Sciences

Street address
6th Floor, Administration Building of Shiraz University of Medical Sciences Zand St., Shiraz, Iran

City
Shiraz

Province
Fars

Postal code
71348-14336

Approval date
2023-10-04, 1402/07/12

Ethics committee reference number
IR.SUMS.NUMIMG.REC.1402.068

Health conditions studied

1

Description of health condition studied
Imposter syndrome

ICD-10 code
F98

ICD-10 code description
Other behavioral and emotional disorders with onset usually occurring in childhood and adolescence

Primary outcomes

1

Description
Imposter syndrome

Timepoint
Measuring the primary outcome at the beginning of the study (before the start of the intervention) and after the end of the eight sessions of the intervention (2 months

after the start of the intervention)

Method of measurement

Clance Imposter Phenomenon Scale (1978)

Secondary outcomes

empty

Intervention groups

1

Description

For the intervention group, 8 training sessions, which include the training of cognitive-behavioral approaches, are provided for 2 months and one hour per week. Summary of the sessions: 1- The first session: getting to know and identify the people of the group and stating the purpose of forming the group and introducing and stating the rules and principles governing the meetings and introducing the imposter syndrome, signs and ways of coping. 2- The second session: introducing cognitive behavioral approaches and applications This approach. 3- The third session: teaching the multidimensional relationship between thinking, behavior and emotions. 4- The fourth session: Increasing self-awareness and self-introduction and defining and identifying one's own thoughts. 5- The fifth session: Talking about strengths and Each person's weakness to strengthen awareness and fundamental beliefs 6-Sixth session: Introduction of cognitive errors and concrete daily examples of each person and the effect of cognitive errors on thoughts and feelings 7-Seventh session: Learning to recognize the vertical arrow method. Drawing by each person. 8-Eighth session: Teaching the method of illustration and summarizing all sessions

Category

Treatment - Other

2

Description

Control group: In this study, there is no intervention in the control group. After the end of the intervention sessions, an educational pamphlet containing the content of the sessions will be given to the control group.

Category

Treatment - Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Deputy General Administration and Education Management of Larestan

Full name of responsible person

Abdulhamid Akhwan

Street address

azadi Ave , maharat Blvd , new city, larestsn, fars

City

larestan

Province

Fars

Postal code

1416935684

Phone

+98 71 5224 4500

Email

info@medu.ir

Web page address

https://lar-fars.medu.gov.ir

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Shiraz University of Medical Sciences

Full name of responsible person

Dr. Mohammad Hashem Hashempour

Street address

Shiraz, Zand Street, Shiraz University of Medical Sciences Central Building, 7th Floor, Research and Technology Deputy

City

shiraz

Province

Fars

Postal code

7134845794

Phone

+98 71 3212 2430

Email

vcrdep@sums.ac.ir

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Shiraz University of Medical Sciences

Proportion provided by this source

100

Public or private sector

Private

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

Shiraz University of Medical Sciences

Full name of responsible person

Dr. Shahrazad Yektatab

Position

Associate professor
Latest degree
Ph.D.
Other areas of specialty/work
Nursery
Street address
Shiraz, Falke Namazi, Namazi Hospital, Fatemeh College of Nursing and Midwifery
City
shiraz
Province
Fars
Postal code
1311971936
Phone
+98 71 3647 4254
Email
yektash@sums.ac.ir

Person responsible for scientific inquiries

Contact
Name of organization / entity
Shiraz University of Medical Sciences
Full name of responsible person
Dr. Shahrazad Yektatab
Position
Associate professor
Latest degree
Ph.D.
Other areas of specialty/work
Nursery
Street address
Shiraz, Falke Namazi, Namazi Hospital, Fatemeh College of Nursing and Midwifery
City
shiraz
Province
Fars
Postal code
7193613119
Phone
071364474254
Email
yektash@sums.ac.ir

Person responsible for updating data

Contact
Name of organization / entity
Shiraz University of Medical Sciences
Full name of responsible person
Zohreh Ghanaat
Position
Nurse
Latest degree
Bachelor
Other areas of specialty/work
Nursery
Street address
New city. Behind the General Directorate of Roads and Transport, Housing Mehr. B 172
City
Lar
Province
Fars
Postal code
7431819919
Phone
+98 71 5224 2605
Fax
Email
zohreh.ghanaat1993@gmail.com

Sharing plan

Deidentified Individual Participant Data Set (IPD)
Yes - There is a plan to make this available
Study Protocol
Yes - There is a plan to make this available
Statistical Analysis Plan
Yes - There is a plan to make this available
Informed Consent Form
Yes - There is a plan to make this available
Clinical Study Report
Yes - There is a plan to make this available
Analytic Code
Yes - There is a plan to make this available
Data Dictionary
Yes - There is a plan to make this available
Title and more details about the data/document
After completing the study, the coded questionnaires can be shared without the details of the samples and after de-identifying the participants.
When the data will become available and for how long
The access period starts 6 months after the results are published.
To whom data/document is available
Shiraz University of Medical Sciences and Lar Department of Education and schools participating in the study have permission to send requests for access to documents.
Under which criteria data/document could be used
The data can be used for future studies as well as testing other methods and treatments for this syndrome and solving this disorder. In addition, the condition of the collection of these data is the consent of the samples, the main researcher, Shiraz University of Medical Sciences and the General Directorate of Education of Larestan.
From where data/document is obtainable
Clients can refer to the General Department of Education of Larestan or Shiraz University of Medical Sciences to receive documents. Larestan Breeding Education Address: LAR, Shahr Jadid, Mahart Blvd., Contact Number: 07152244500- Shiraz University of Medical Sciences Research and Technology Support: Zand St., in front of Palestine St., Shiraz University of Medical Sciences, Central Building, Contact No.: 07132301054
What processes are involved for a request to access data/document
First, the applicant writes a letter under the title of

permission to access the data without personal information of the samples, stating the reason for the need for the data, and refers to the Vice-Chancellor for Research and Information Technology of Shiraz University of Medical Sciences, and after reviewing the letter by the organization and permission from The main researcher will give a letter of consent from the Department of Education to the applicant, and after going through the administrative procedures, permission will be issued at the discretion of the deputy.

Comments