

Clinical Trial Protocol

Iranian Registry of Clinical Trials

17 Jun 2026

Investigating the effect of educational intervention based on self-efficacy theory on the status of life skills and self-esteem of middle-school female students in Bushehr city public schools: A web-based study

Protocol summary

Study aim

Determining the effect of web-based educational intervention and self-efficacy theory on the state of life skills and self-esteem of female students of the first secondary level of Bushehr public schools.

Design

The present research is a semi-experimental study, which will include 50 people for each intervention and control group (100 people in total).

Settings and conduct

After receiving the necessary permits to carry out the research in girls' schools of the first secondary level of Bushehr city, sampling will be done by a multi-stage method. So that out of 17 schools, 4 schools are randomly selected by lottery method and two schools are randomly assigned to each of the intervention and control groups. Then, according to the population of students of each school, the number of samples required for that school is determined.

Participants/Inclusion and exclusion criteria

- The student must be studying in the first secondary level of public schools.
- The student has a file in the selected school.
- The student does not have a history of mental disorders and speech and hearing disorders.
- The student must have access to a computer, laptop or smartphone and the Internet.
- Live in Bushehr city.
- Willingness to participate in the study.
- The participant does not view the educational content at the specified time.
- During the study, the participant reconsiders the cooperation with the researcher and abandons the cooperation.

Intervention groups

Female students of the first secondary level of Bushehr public schools

Main outcome variables

self-esteem - life skills

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20231005059624N1**

Registration date: **2023-10-25, 1402/08/03**

Registration timing: **retrospective**

Last update: **2023-10-25, 1402/08/03**

Update count: **0**

Registration date

2023-10-25, 1402/08/03

Registrant information

Name

Rahime Rafie

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 77 3111 8538

Email address

rahima.rafie@gmail.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2023-10-15, 1402/07/23

Expected recruitment end date

2023-10-22, 1402/07/30

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Investigating the effect of educational intervention based on self-efficacy theory on the status of life skills and self-esteem of middle-school female students in Bushehr city public schools: A web-based study

Public title

The effect of educational intervention based on self-efficacy theory on students' life skills and self-esteem

Purpose

Education/Guidance

Inclusion/Exclusion criteria

Inclusion criteria:

The student must be studying in the first secondary level of public schools. The student has a file in the selected school. The student does not have a history of mental disorders and speech and hearing disorders. Live in Bushehr city. • The student must have access to a computer, laptop or smartphone and the Internet. • Willingness to participate in the study.

Exclusion criteria:

• The participant does not view the educational content at the specified time. • During the study, the participant reconsiders the cooperation with the researcher and abandons the cooperation.

Age

From **12 years** old to **18 years** old

Gender

Female

Phase

3

Groups that have been masked

No information

Sample size

Target sample size: **100**

Randomization (investigator's opinion)

Randomized

Randomization description

Sampling in this study will be done in a multi-stage method. So that among the 17 secondary public schools for girls in Bushehr city with a population of 4959 people, 4 schools are randomly selected by lottery method and two schools are randomly assigned to each of the intervention and control groups. Then, according to the population of students of each school, the number of samples required for that school is determined.

Blinding (investigator's opinion)

Not blinded

Blinding description

Placebo

Not used

Assignment

Parallel

Other design features

This survey is being conducted for the first time in this age group

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Bushehr University of Medical Sciences

Street address

Salman Farsi St

City

Bushehr

Province

Boushehr

Postal code

7518759577

Approval date

2023-04-17, 1402/01/28

Ethics committee reference number

IR.BPUMS.REC.1402.007

Health conditions studied

1

Description of health condition studied

The effect of web-based educational intervention and self-efficacy theory on the status of life skills and self-esteem of female students

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description

Self-esteem

Timepoint

Before the intervention, one month and two months after the intervention

Method of measurement

Rosenberg self-esteem questionnaire

2

Description

Life Skills

Timepoint

Before the intervention, one month and two months after the intervention

Method of measurement

Saatchi Life Skills Questionnaire

3

Description

Self-efficacy of life skills

Timepoint

Before the intervention, one month and two months after the intervention

Method of measurement

Researcher-made questionnaire of life skills self-efficacy

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: Female students of first secondary school in Bushehr city

Category

Behavior

Recruitment centers

1

Recruitment center

Name of recruitment center

General Directorate of Education of Bushehr Province

Full name of responsible person

Ali Mohd

Street address

Shahid Avini Street, General Directorate of Education, Bushehr

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Web page address

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Boushehr University of Medical Sciences

Full name of responsible person

Dr. Akram Farhadi

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Fax

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Web page address

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Boushehr 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

Boushehr University of Medical Sciences

Full name of responsible person

Rahime Rafie

Position

Non-faculty

Latest degree

Bachelor

Other areas of specialty/work

Health Promotion

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Person responsible for scientific inquiries

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Associate Professor

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Other areas of specialty/work

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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

Undecided - It is not yet known if there will be 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

Publication of data in the form of a thesis and the will to report work in the form of an article

When the data will become available and for how long

Winter this year

To whom data/document is available

The thesis will be available to students in the university library

Under which criteria data/document could be used

In case of personal request, a summary of the data will be provided to the researchers via e-mail

From where data/document is obtainable

Bushehr University of Medical Sciences Library

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

The thesis report is kept in the campus library of Bushehr University of Medical Sciences

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

Boushehr University of Medical Sciences

Full name of responsible person

Rahime Rafie

Position

Non-faculty

Latest degree

Bachelor

Other areas of specialty/work

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