

Clinical Trial Protocol

Iranian Registry of Clinical Trials

10 Jun 2026

The effectiveness of cognitive rehabilitation training on academic self-efficacy of students with learning disabilities

Protocol summary

Study aim

Determining the effectiveness of cognitive rehabilitation training on academic self-efficacy of students with learning disabilities

Design

A controlled clinical trial with parallel, Open label, randomized groups on 50 students in Ahvaz. The rand function of Excel software was used for randomization.

Settings and conduct

This study is a quasi-experimental study with a pre-test-post-test design with a control group. They are divided into two groups (intervention and control). The intervention group undergoes 8 to 12 sessions of cognitive rehabilitation training, and the control group does not receive any intervention during this period. After completing the sessions, both groups participate in the post-test again to assess changes in academic self-efficacy. The study was conducted in selected elementary schools in Ahvaz that cover students with learning disabilities (in coordination with the Ministry of Education and Learning Disorders Centers). It is not blinded.

Participants/Inclusion and exclusion criteria

Inclusion criteria: Students in grades 4 to 6 of elementary school, no specific diseases, written consent from parents and students to participate in the research, low score on the academic self-efficacy scale. Exclusion criteria: Presence of chronic physical or neurological diseases, simultaneous participation in other similar interventional studies, intellectual disabilities.

Intervention groups

Intervention group: This group includes students who receive the Cognitive Rehabilitation Training program. Control group: This group does not receive any specific cognitive intervention during the study period and only participates in pre-test and post-test assessments.

Main outcome variables

Students' academic self-efficacy

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20250703066351N1**

Registration date: **2025-08-21, 1404/05/30**

Registration timing: **prospective**

Last update: **2025-08-21, 1404/05/30**

Update count: **0**

Registration date

2025-08-21, 1404/05/30

Registrant information

Name

Maryam. Beithardan

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 61 3334 0292

Email address

maryam.beithardan9094@gmail.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2025-09-10, 1404/06/19

Expected recruitment end date

2026-03-10, 1404/12/19

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effectiveness of cognitive rehabilitation training on academic self-efficacy of students with learning disabilities

Public title

The effectiveness of cognitive rehabilitation training on academic self-efficacy of students with learning disabilities

Purpose

Education/Guidance

Inclusion/Exclusion criteria

Inclusion criteria:

Students in grades four to six of elementary school
Having a learning disability
Low score on the academic self-efficacy scale
Written consent from parents and students to participate in the research
Willingness to participate in all intervention sessions and research assessments

Exclusion criteria:

Concomitant receipt of other similar psychological interventions (e.g., CBT, other cognitive rehabilitation) within the past 6 months. The presence of severe comorbid psychiatric disorders (such as severe ADHD, severe depression, or anxiety) that require immediate specialist intervention. Having a chronic physical or neurological condition (such as active epilepsy, uncorrected vision or hearing problems) that prevents participation in training sessions
Simultaneous participation in other similar interventional studies

Age

From **6 years** old to **20 years** old

Gender

Both

Phase

N/A

Groups that have been masked

- Outcome assessor
- Data analyser
- Data and Safety Monitoring Board

Sample size

Target sample size: **50**

Randomization (investigator's opinion)

Randomized

Randomization description

Participants are randomly assigned to two groups (intervention and control) using the RAND function in Excel software or a random number table.

Blinding (investigator's opinion)

Single blinded

Blinding description

In this study, participating students with learning disabilities will be unaware of whether they are receiving cognitive rehabilitation training. This blinding ensures that students' expectations do not influence their assessment of academic self-efficacy and that the results will be more accurate.

Placebo

Not used

Assignment

Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethics Committee of Islamic Azad University, Ahvaz Branch

Street address

Islamic Azad University Ahvaz Branch, Farhangshahr, Golestan Highway

City

Ahvaz

Province

Khouzestan

Postal code

3733361349

Approval date

2025-04-04, 1404/01/15

Ethics committee reference number

IR.IAU.AHVAZ.REC.1404.009

Health conditions studied

1

Description of health condition studied

Specific Learning Disorder - SLD

ICD-10 code

F81

ICD-10 code description

Specific developmental disorders of scholastic skills

Primary outcomes

1

Description

Academic Self-Efficacy

Timepoint

Before the start of the intervention (first session) and immediately after the end of the intervention period (last session)

Method of measurement

The Morgan & Jinks Academic Self-Efficacy Scale or a validated, localized equivalent scale.

Secondary outcomes

1

Description

Learning disorder

Timepoint

At the beginning of the study (before the intervention began) and two months later (when the intervention ended)

Method of measurement

Intervention groups

1

Description

Intervention title: Cognitive rehabilitation training,
Intervention goal: Increasing the academic self-efficacy of students with specific learning disabilities by strengthening basic cognitive functions (attention, working memory, planning, organization, and problem solving). Intervention specifications: Number of sessions: 10 sessions Duration of each session: 45 to 60 minutes Frequency of sessions: 2 sessions per week (total of 5 weeks) Venue: School counseling room or Ahvaz Learning Rehabilitation Center Implementation method: Group (4 to 6 people) or individual depending on the conditions.

Category

N/A

2

Description

Control group: Students in this group do not receive any cognitive rehabilitation intervention during the study period and only participate in pre-test and post-test assessments. After the end of the intervention period and post-test, in order to comply with ethical considerations, this group can also be given the opportunity to participate in cognitive rehabilitation training sessions. Purpose of the control group: To compare changes in academic self-efficacy in students who did not receive the intervention, in order to examine the actual effectiveness of the cognitive rehabilitation program.

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center

Islamic Azad University, Ahvaz Unit

Full name of responsible person

Parvin Ehtesham

Street address

Islamic Azad University Ahvaz Branch, Farhangshahr,
Golestan Highway

City

Ahvaz

Province

Khuzestan

Postal code

info@iauahvaz.ac.ir

Phone

+98 61 3334 8420

Email

info@iauahvaz.ac.ir

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Islamic Azad University

Full name of responsible person

Pejman Taghipour Birgani

Street address

Islamic Azad University Ahvaz Branch, Farhangshahr,
Golestan Highway

City

Ahvaz

Province

Khuzestan

Postal code

3733361349

Phone

+98 61 3334 8420

Email

info@iauahvaz.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

Parvin Ehteshamzadeh

Position

Associate professor

Latest degree

Ph.D.

Other areas of specialty/work

Psychology

Street address

Islamic Azad University Ahvaz Branch, Farhangshahr,
Golestan Highway

City

Ahvaz

Province

Khuzestan

Postal code

3733361349

Phone

+98 61 3334 0292

Fax

Email

p_ehtesham85@yahoo.com

Person responsible for scientific inquiries

Contact

Name of organization / entity

Islamic Azad University

Full name of responsible person

Parvin Ehteshamzadeh

Position

Associate professor

Latest degree

Ph.D.

Other areas of specialty/work

Psychology

Street address

Islamic Azad University Ahvaz Branch, Farhangshahr,
Golestan Highway

City

Ahvaz

Province

Khouzestan

Postal code

3733361349

Phone

+98 61 3334 0292

Fax

Email

p_ehtesham85@yahoo.com

Person responsible for updating data

Contact

Name of organization / entity

Islamic Azad University

Full name of responsible person

Maryam. Beithardan

Position

Student

Latest degree

Bachelor

Other areas of specialty/work

Psychology

Street address

Islamic Azad University Ahvaz Branch, Farhangshahr,
Golestan Highway

City

Ahvaz

Province

Khouzestan

Postal code

3733361349

Phone

+98 61 3334 0292

Fax

Email

maryam.beithardan9094@gmail.com

Sharing plan

Deidentified Individual Participant Data Set (IPD)

Undecided - It is not yet known if there will be 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

Not applicable

Informed Consent Form

Undecided - It is not yet known if there will be a plan to make this available

Clinical Study Report

Not applicable

Analytic Code

Not applicable

Data Dictionary

Not applicable