Clinical Trial Protocol
Iranian Registry of Clinical Trials

07 Nov 2026

Studying the effectiveness of problem solving skills training on social anxiety, self-efficacy, quality of academic life and motivational beliefs of 6th grade female students with clinical symptoms of social anxiety

Protocol summary

Study aim
Studying the effectiveness of problem solving skills training on social anxiety, self-efficacy, quality of academic life and motivational beliefs of 6th grade female students with clinical symptoms of social anxiety

Design
A randomized, open-label, controlled clinical trial on 40 patients. The rand function of Excel was used for randomization.

Settings and conduct
To select the sample, cluster random sampling method was used. First, from the four education districts of Ahvaz city, two districts were randomly selected and from each district, 5th graders and two sixth graders from each school were selected. Then, students who were selected by a clinical psychologist based on diagnostic and statistical criteria as students with social anxiety were selected. Finally, 40 of them were selected by simple random (lottery) to participate in the research.

Participants/Inclusion and exclusion criteria
Inclusion criteria for the study: 1- No serious physical illness 2- No participation in other psychotherapy sessions at least one month before the study 3- Social anxiety Exclusion criteria for the study: 1- Absence of more than two sessions 2- Participation in other psychotherapy sessions 3- Unwillingness to continue treatment

Intervention groups
To select the sample, cluster random sampling method was used. First, two districts were randomly selected from four education districts and two sixth graders were selected from each school. Then, students who were selected by a clinical psychologist based on diagnostic and statistical criteria as students with social anxiety were selected. Finally, 40 of them were selected by simple random (lottery) to participate in the study (20 in the experimental group and 20 in the control group).

Main outcome variables
Problem-solving skills, social anxiety, self-efficacy, quality of academic life, motivational beliefs

General information

Reason for update
Acronym
IRCT registration information
IRCT registration number: **IRCT20250811066823N1**
Registration date: **2025-08-14, 1404/05/23**
Registration timing: **prospective**

Last update: **2025-08-14, 1404/05/23**
Update count: **0**

Registration date
2025-08-14, 1404/05/23

Registrant information
Name
Arezoo Joodizadeh
Name of organization / entity
Country
Iran (Islamic Republic of)
Phone
+98 61 3229 5167
Email address
arezoo.joodizadeh@iau.ir

Recruitment status
Recruitment complete
Funding source

Expected recruitment start date
2025-08-16, 1404/05/25
Expected recruitment end date
2025-09-13, 1404/06/22
Actual recruitment start date
empty

Actual recruitment end date
empty
Trial completion date
empty

Scientific title
Studying the effectiveness of problem solving skills training on social anxiety, self-efficacy, quality of academic life and motivational beliefs of 6th grade female students with clinical symptoms of social anxiety

Public title
Studying the effectiveness of problem solving skills training on social anxiety, self-efficacy, quality of academic life and motivational beliefs of 6th grade female students with clinical symptoms of social anxiety
Purpose
Education/Guidance
Inclusion/Exclusion criteria
Inclusion criteria:
No serious physical illness No participation in other psychotherapy sessions for at least one month prior to the study Having social anxiety
Exclusion criteria:
Absence of more than two sessions Participation in other psychotherapy sessions Unwillingness to continue treatment
Age
From **11 years** old to **12 years** old
Gender
Female

Phase
N/A
Groups that have been masked
No information
Sample size
Target sample size: **40**
Randomization (investigator's opinion)
Randomized
Randomization description
To select a sample to diagnose social anxiety in students, a cluster random sampling method was used. First, two districts were randomly selected from four education districts, and then five sixth grade girls' schools from each district, and in the next stage, two sixth graders from each school were selected. Then, after the students completed the social anxiety inventory, those whose scores on this questionnaire were one standard deviation above the mean and in a clinical interview conducted by a clinical psychologist based on the diagnostic and statistical criteria for mental disorders, fifth edition, were selected as students with social anxiety. Of these, 95 were eligible. Finally, randomly selected students whose social anxiety score on the social anxiety inventory was one standard deviation above the mean in the previous stage also showed symptoms of social anxiety in the clinical interview. 40 of them were selected by simple random drawing to participate in the study. Then, these individuals were assigned to the experimental and control groups by simple random selection.
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 Islamic Azad University of Ahvaz Branch
Street address
Opposite Keshavarz Street, Farhang Shahr, Golestan Highway
City
Ahvaz
Province
Khouzestan
Postal code
Approval date
2025-05-08, 1404/02/18
Ethics committee reference number
IR.IAU.AHVAZ.REC.1404.066

Health conditions studied

1

Description of health condition studied
Clinical symptoms of social anxiety
ICD-10 code
F94.8
ICD-10 code description
Other childhood disorders of social functioning

Primary outcomes

1

Description
To select a sample for diagnosing social anxiety in students, a cluster random sampling method was used. First, two districts were randomly selected from four education districts in Ahvaz city, and then five sixth grade girls' schools from each district, and in the next stage, two sixth graders from each school were selected. Then, after the students completed the social anxiety inventory, those whose scores on this questionnaire were one standard deviation above the mean and in a clinical interview conducted by a clinical psychologist based on the diagnostic and statistical criteria for mental disorders, fifth edition, were selected as students with social anxiety. 40 of them were selected by simple

random drawing to participate in the study. Then, these individuals were randomly assigned to the experimental and control groups (20 in the experimental group and 20 in the control group). After the groups were formed, the subjects were led to special rooms and were given questionnaires to measure the variables as a pre-test and were assured that the answers they gave would remain confidential. They were asked to answer the questions confidently and honestly. People in the experimental group participated in training courses for about a month, 6 90-minute sessions and two sessions per week were considered. Also, no intervention was carried out for the control group. However, to prevent threats to the internal validity of the test, problem-solving skills training was implemented for them after the end of the study. After the training period, both experimental and control groups were re-assessed with questionnaires to measure the variables as a post-test, and finally, after one month of the post-test, both groups were re-assessed (follow-up phase).

Timepoint

People in the experimental group participated in training courses for about a month, 6 sessions of 90 minutes each, two sessions per week. Also, no intervention was carried out for the control group. However, to prevent threats to the internal validity of the test, problem-solving skills training was implemented for them after the end of the study.

Method of measurement

Research tools will include: Connor et al.'s Social Anxiety Inventory (2000), Morris et al.'s Self-Efficacy Questionnaire (2001), Inley and Burke's Quality of Academic Life Questionnaire (1992), and Pentrich and DeGroot's Motivational Beliefs Questionnaire (1990).

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: Cluster random sampling method was used to select the sample. First, two districts were randomly selected from four education districts of Ahvaz city, and then five sixth grade girls' schools from each district, and in the next stage, two sixth grade girls' schools from each school will be selected. Then, after the students completed the social anxiety inventory, those whose scores in this questionnaire were one standard deviation above the mean and in the clinical interview conducted by a clinical psychologist based on the diagnostic and statistical criteria for mental disorders, fifth edition, were selected as students with social anxiety. Finally, randomly selected students whose social anxiety score in the social anxiety inventory was one standard deviation above the mean in the previous stage also showed symptoms of social anxiety in the clinical interview. 40 of them were selected to participate in the study by simple random drawing. Then, these individuals were assigned to the experimental and control groups by simple random selection (20 in the experimental group and 20 in the control group). After forming the groups, the subjects were led to special rooms and were given questionnaires to measure the variables as a pre-test and were assured that the answers they gave would remain confidential. They were asked to answer the questions confidently and honestly. The people in the experimental group participated in training courses for about a month, 6 90-minute sessions and two sessions per week were considered. After completing the training course, the experimental group was re-assessed with questionnaires to measure the dependent variables (social anxiety, self-efficacy, quality of academic life, motivational beliefs) as a post-test and finally, after one month of the post-test, they were re-assessed (follow-up phase).

Category

Treatment - Other

2

Description

Control group: To select the sample, cluster random sampling method was used. First, two districts were randomly selected from four education districts of Ahvaz city, and then five sixth grade girls' schools from each district and in the next stage, two sixth grade girls' schools from each school will be selected. Then, after the students completed the social anxiety inventory, those whose scores in this questionnaire were one standard deviation above the mean and in the clinical interview conducted by a clinical psychologist based on the diagnostic and statistical criteria of mental disorders, fifth edition, were selected as students with social anxiety. Finally, randomly selected students whose social anxiety score in the social anxiety inventory was one standard deviation above the mean in the previous stage also showed symptoms of social anxiety in the clinical interview. 40 of them were selected to participate in the research by simple random drawing. Then, these individuals were assigned to the experimental and control groups by simple random selection (20 in the experimental group and 20 in the control group). After forming the groups, the subjects were led to special rooms and were given questionnaires to measure the variables as a pre-test and were assured that the answers they gave would remain confidential. They were asked to answer the questions confidently and honestly. People in the experimental group participated in training courses for about a month, 6 90-minute sessions and two sessions per week were considered. Also, no intervention was carried out for the control group. However, to prevent threats to the internal validity of the test, problem-solving skills training was implemented for them after the end of the study. After the training period, the control group was re-assessed with questionnaires to measure the variables as a post-test and finally, after one month of the post-test, they were re-assessed (follow-up phase).

Category

Treatment - Other

Recruitment centers

1

Recruitment center

Name of recruitment center
Girls' elementary schools
Full name of responsible person
Arezoo Joodizadeh
Street address
No. 58, Arash St. 9, Arash Blvd., Bahonar
City
Ahvaz
Province
Khouzestan
Postal code
6178674388
Phone
+98 61 3229 5167
Email
arezoo.joodizadeh@iau.ir

Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Islamic Azad University
Full name of responsible person
Pezhman Taghipour Birgani
Street address
Opposite Keshavarz Street, Farhang Shahr, Golestan Highway
City
Ahvaz
Province
Khouzestan
Postal code
Phone
+98 61 3316 3394
Email
p_taghipour@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
10

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
Islamic Azad University
Full name of responsible person
Arezoo Joodizadeh
Position
Master's student
Latest degree
Bachelor
Other areas of specialty/work
Psychology
Street address
No. 58, Arash St. 9, Arash Blvd., Bahonar
City
Ahvaz
Province
Khouzestan
Postal code
6178674388
Phone
+98 61 3229 5167
Email
arezoo.joodizadeh@iau.ir

Person responsible for scientific inquiries

Contact

Name of organization / entity
Islamic Azad University
Full name of responsible person
Arezoo Joodizadeh
Position
Master's student
Latest degree
Bachelor
Other areas of specialty/work
Psychology
Street address
No. 58, Arash St. 9, Arash Blvd., Bahonar
City
Ahvaz
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+98 61 3229 5167
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Person responsible for updating data

Contact

Name of organization / entity
Islamic Azad University
Full name of responsible person
Arezoo Joodizadeh
Position

Master's student

Latest degree

Bachelor

Other areas of specialty/work

Psychology

Street address

No. 58, Arash St. 9, Arash Blvd., Bahonar

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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

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

Analytic Code

Not applicable

Data Dictionary

Not applicable