Clinical Trial Protocol
Iranian Registry of Clinical Trials

09 Nov 2026

The effect of media literacy training on sexual puberty health, emotional literacy and concerns about body image among female students of Second secondary level in the Susangerd City

Protocol summary

Study aim
Investigating the Effect of Media Literacy Training on Sexual Pubertal Health, Emotional Literacy, and Body Image Concern in Female High School Students of Susangerd in 2025

Design
A clinical trial with experimental and control groups, non-blinded, was conducted using simple randomization through a lottery method.

Settings and conduct
Before and after the intervention, the dependent variables under study were assessed using the relevant questionnaires in both the experimental and control groups as pre-tests and post-tests. The collected data were analyzed using SPSS software, and the findings were extracted.

Participants/Inclusion and exclusion criteria
The statistical population included all female high school students of Susangerd who visited the Counseling Center of the Susangerd County Education Department in 2025. Using Cohen’s formula, the sample size was calculated, and 30 of these students were voluntarily selected as the sample and then randomly assigned into two groups of 15 as the experimental and control groups.”

Intervention groups
The experimental group receives media literacy training based on the Media Literacy Training Pyramid of the Basij Cyberspace Organization (2021) for 8 sessions, each lasting 100 minutes, once a week, while the control group does not receive any intervention.

Main outcome variables
Media literacy education is likely to affect sexual maturity health, emotional literacy, and body image concerns among female high school students in Susangerd.

General information

Reason for update

Acronym

IRCT registration information
IRCT registration number: **IRCT20250903067115N1**
Registration date: **2025-09-09, 1404/06/18**
Registration timing: **prospective**

Last update: **2025-09-09, 1404/06/18**
Update count: **0**

Registration date
2025-09-09, 1404/06/18

Registrant information

Name
Ashraf Gholami

Name of organization / entity

Country
Iran (Islamic Republic of)

Phone
+98 61 3335 2454

Email address
pirdade.moj@gmail.com

Recruitment status
Recruitment complete

Funding source

Expected recruitment start date
2025-09-23, 1404/07/01

Expected recruitment end date
2025-10-23, 1404/08/01

Actual recruitment start date
empty

Actual recruitment end date
empty

Trial completion date
empty

Scientific title
The effect of media literacy training on sexual puberty health, emotional literacy and concerns about body image among female students of Second secondary level in the Susangerd City

Public title
The effect of media literacy training on sexual puberty health, emotional literacy and concerns about body image

Purpose
Education/Guidance

Inclusion/Exclusion criteria

Inclusion criteria:
Having informed consent to participate in the research No history of other psychiatric disorders or substance addiction “Not receiving medication due to other psychiatric disorders

Exclusion criteria:
Participant’s declaration of unwillingness to continue cooperation in the research process Severe relapse of a physical or mental illness during the field phase of the research

Age
From **15 years** old to **19 years** old

Gender
Female

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **30**

Randomization (investigator's opinion)
Randomized

Randomization description
A simple randomization method is used. In this method, the list of participants is numbered, and assignment to the intervention and control groups is carried out using a table of random numbers. The allocation is performed by someone other than the principal investigator. Additionally, to ensure allocation concealment, participant numbers are placed in sealed, numbered envelopes.

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
Islamic Azad University, Ahvaz Branch

Street address
Islamic Azad University, Ahvaz Branch, Farhangshahr, Golestan Highway, Ahvaz

City
Ahvaz

Province
Khouzestan

Postal code
61349-37333

Approval date
2025-08-11, 1404/05/20

Ethics committee reference number
IR.IAU.AHVAZ.REC.1404.329

Health conditions studied

1

Description of health condition studied
Sexual Puberty Health

ICD-10 code

ICD-10 code description

2

Description of health condition studied
Emotional Literacy

ICD-10 code

ICD-10 code description

3

Description of health condition studied
Body Image Concern

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description
Improvement of sexual pubertal health

Timepoint
Before and after media literacy training

Method of measurement
Adolescent Girls’ Pubertal Health Questionnaire by Mohammad Alizadeh Cherandabi et al. (2014)

2

Description
Improvement of emotional literacy

Timepoint
Before and after media literacy training

Method of measurement
Emotional Literacy Questionnaire by Rifi et al. (2007)

3

Description
Reduction of body image concern
Timepoint
Before and after media literacy training
Method of measurement
Body Image Concern Questionnaire by Littleton et al. (2005)

Secondary outcomes

empty

Intervention groups

1

Description
Intervention group: Media literacy training
Category
Lifestyle

2

Description
Control group: Does not receive the intervention
Category
Lifestyle

Recruitment centers

1

Recruitment center
Name of recruitment center
Counseling Center of the Susangerd County Department of Education
Full name of responsible person
Mojtaba Pirzade
Street address
Imam Khomeini Boulevard, Imam Street, Susangerd
City
Susangerd
Province
Khouzestan
Postal code
64490699430
Phone
+98 902 445 9190
Email
Susangerd@medu.ir

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Islamic Azad University
Full name of responsible person
Vice President for Research and Technology
Street address
Islamic Azad University, Susangerd Branch, Shahid Ghadiri Asl Street, Susangerd, Dasht-e Azadegan County, Khuzestan, Iran
City
Susangerd
Province
Khouzestan
Postal code
6441816189
Phone
+98 61 3674 2325
Email
info@susangerd.iau.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
Ashraf Gholami
Position
Master's student
Latest degree
Bachelor
Other areas of specialty/work
Psychology
Street address
No. 8, Abolfazl Street, Ghadir District, Abu Humaiza City, Susangerd
City
Susangerd
Province
Khouzestan
Postal code
6445816929
Phone
+98 61 3422 8070
Email
hshammzrh3@gmail.com

Person responsible for scientific inquiries

Contact

Name of organization / entity
Islamic Azad University

Full name of responsible person
Masoud Raeisi

Position
Assistant Professor

Latest degree
Ph.D.

Other areas of specialty/work
Psychology

Street address
Department of Counseling, Shahid Beheshti Faculty, Islamic Azad University, Ahvaz Branch, Pardis Farhangshahr, Kargar Gharbi, Ahvaz

City
Ahvaz

Province
Khouzestan

Postal code
61349-37333

Phone
+98 61 3334 8421

Email
masoud_raeisi55@yahoo.com

Person responsible for updating data

Contact

Name of organization / entity
Islamic Azad University

Full name of responsible person
Ashraf Gholami

Position
Master's student

Latest degree
Bachelor

Other areas of specialty/work
Psychology

Street address
No. 8, Abolfazl Street, Ghadir District, Abu Humaiza City, Susangerd, Iran

City
Susangerd

Province
Khouzestan

Postal code
6445816929

Phone
+98 61 3422 8070

Email
hshammzrh3@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
No - There is not 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
Not applicable

Title and more details about the data/document
In the SPSS data file, each participant was assigned a unique number. The intervention group was labeled as A and the control group as C, and the response codes for the corresponding questionnaires were also numerically coded.

When the data will become available and for how long
After obtaining the IRCT code and defending the thesis

To whom data/document is available
Other researchers

Under which criteria data/document could be used
Conducting related future research

From where data/document is obtainable
Head of theses and research projects, Islamic Azad University, Susangerd Branch

What processes are involved for a request to access data/document
Initially, the request is submitted via email or in person, and after approval by the Islamic Azad University, Ahvaz Branch, the information is provided to the subsequent researcher

Comments
All intellectual and material rights of a thesis belong to the academic institution where the student studied. Therefore, after the thesis defense, the Islamic Azad University, Susangerd Branch, has the right to provide the documented data file and information related to the final thesis report to other researchers, either within or outside the university.