

Clinical Trial Protocol

Iranian Registry of Clinical Trials

27 Jun 2026

The effectiveness of life skills training on self-esteem and social adjustment of burn patients

Protocol summary

Summary

We conducted this study to evaluate the effect of life skills training on social adjustment and self-esteem of burn patient with burn scars. this study is a randomized clinical trial on 30 patients. Inclusion criteria: public health, disability, disfigurement and scarring caused by burn on exposed areas of the body, education level of at least diploma, age of 18 to 50 years old, passing at least one month after discharge from hospital, completing consent form. Exclusion criteria: having a severe mental disorder, participating in other life quality improvement programs at the same time, more than three days of absence from training sessions. Patients who meet the entry requirements according to the study, will be divided into two groups using the table of random numbers. Patients in the intervention group during 10 sessions of 2 hours, are trained 3 times a week in life skills. Life skills training package is on the basis of the aspects of life skills according to the World Health Organization. Training in the Intervention group will be done by a master of psychology mastered in related issues, but in the Control group training is not accomplished. All patients in both groups are compared and assessed before the start and after the last training session by the questionnaire.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT201602288177N13**

Registration date: **2016-04-20, 1395/02/01**

Registration timing: **registered_while_recruiting**

Last update:

Update count: **0**

Registration date

2016-04-20, 1395/02/01

Registrant information

Name

Mohammad Javad Fatemi

Name of organization / entity

Burn Research Center of Tehran University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 21 8888 4275

Email address

mj-fatemi@sina.tums.ac.ir

Recruitment status

Recruitment complete

Funding source

Iran University of Medical Sciences

Expected recruitment start date

2016-04-03, 1395/01/15

Expected recruitment end date

2017-04-04, 1396/01/15

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effectiveness of life skills training on self-esteem and social adjustment of burn patients

Public title

The effectiveness of life skills training on self-esteem and social adjustment of burn patients

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria: public health, disability, disfigurement and scarring caused by burn on exposed areas of the body, education level of at least diploma, age of 18 to 50

years old, passing at least one month after discharge from hospital, completing consent form exclusion criteria: having a severe mental disorder, participating in other life quality improvement programs at the same time, more than three days of absence from training sessions

Age

From **18 years** old to **50 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **30**

Randomization (investigator's opinion)

Randomized

Randomization description

Blinding (investigator's opinion)

Not blinded

Blinding description

Placebo

Not used

Assignment

Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Iran University of Medical Sciences

Street address

Tehran, Central building of the University of Medical Sciences

City

Tehran

Postal code

Approval date

2010-09-23, 1389/07/01

Ethics committee reference number

IR.IUMS.REC.1394-24970

Health conditions studied

1

Description of health condition studied

Social adjustment

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description

Self-esteem

Timepoint

Before the first training session and after the last training session

Method of measurement

Coopersmith self-esteem questionnaire

Secondary outcomes

1

Description

Social adjustment

Timepoint

Before the first training session and after the last training session

Method of measurement

Standard social adjustment questionnaire

Intervention groups

1

Description

Intervention group: 10 sessions of life skills training for 2 hours, 3 times a week by a master of psychology mastered in training topics

Category

Behavior

2

Description

Control group: Patients do not participate in life skills training

Category

Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Shahid Motahari Hospital

Full name of responsible person

Sima Sadat Sharoknian

Street address

City

Tehran

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Iran University of Medical Sciences

Full name of responsible person

Ali Javad Mosavi

Street address

Tehran, Central building of the University of Medical Sciences

City

Tehran

Grant name**Grant code / Reference number****Is the source of funding the same sponsor organization/entity?**

Yes

Title of funding source

Iran University of Medical Sciences

Proportion provided by this source

100

Public or private sector

empty

Domestic or foreign origin

empty

Category of foreign source of funding

empty

Country of origin**Type of organization providing the funding**

empty

Person responsible for general inquiries**Contact****Name of organization / entity**

Shahid Motahari Hospital

Full name of responsible person

Sima Sadat Sharoknian

Position

Master of psychology

Other areas of specialty/work**Street address**

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City

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Web page address**Person responsible for scientific inquiries****Contact****Name of organization / entity**

Hazrat Fatima Hospital

Full name of responsible person

Mohammad Javad Fatemi

Position

Plastic and reconstructive surgeon

Other areas of specialty/work**Street address**

Tehran, Asad Abadi street, Hazrat Fatima Hospital

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+98 21 8871 7272

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mj-fatemi@sins.tums.ac.ir

Web page address**Person responsible for updating data****Contact****Name of organization / entity**

Shahid Motahari Hospital

Full name of responsible person

Sima Sadat Sharoknian

Position

Master of psychology

Other areas of specialty/work**Street address****City****Postal code****Phone**

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Fax**Email****Web page address****Sharing plan****Deidentified Individual Participant Data Set (IPD)**

empty

Study Protocol

empty

Statistical Analysis Plan

empty

Informed Consent Form

empty

Clinical Study Report

empty

Analytic Code

empty

Data Dictionary

empty