

# 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**

Tehran, Vali-e-asr Avenue, Rashid Yasemi street, Shahid Motahari Hospital

**City**

Tehran

**Postal code****Phone**

+98 21 8888 4275

**Fax****Email**

sima\_6662003@yahoo.com

**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

**City**

Tehran

**Postal code****Phone**

+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*