Clinical Trial Protocol
Iranian Registry of Clinical Trials

08 Nov 2026

Studying the effectiveness of positive thinking skills training on behavioral flexibility, aggression, and academic self-efficacy of aggressive fifth-grade male students

Protocol summary

Study aim
Studying the effectiveness of positive thinking skills training on behavioral flexibility, aggression, and academic self-efficacy of aggressive fifth-grade male students

Design
A controlled clinical trial with parallel groups, without blinding, randomized, on 40 patients. The rand function of Excel software will be used for randomization.

Settings and conduct
The statistical population of the present study will consist of all aggressive male fifth grade students in Ahvaz who are studying in the academic year 2025-2026. In the sample selection stage, the available sampling method will be used. After selecting the samples to a volume of 40 people based on the research entry and exit criteria, the participants will be randomly placed in two groups: "Positive Thinking Skills Training" (intervention group) and "Waiting List" (control group).

Participants/Inclusion and exclusion criteria
Inclusion criteria: Fifth grade male students, scoring one standard deviation above the mean in aggression, informed consent from the student's parents to participate in the study Exclusion criteria: Unwillingness to participate in the study, participation in other psychotherapy sessions concurrently with the study

Intervention groups
Intervention group: All individuals who will receive the positive thinking skills training intervention. Control group: All individuals who will not receive any intervention.

Main outcome variables
Action Flexibility, Aggression, Academic Self-Efficacy

General information

Reason for update

Acronym

IRCT registration information
IRCT registration number: **IRCT20260514069401N1**
Registration date: **2026-05-18, 1405/02/28**
Registration timing: **prospective**

Last update: **2026-05-18, 1405/02/28**
Update count: **0**

Registration date
2026-05-18, 1405/02/28

Registrant information

Name
Mohsen Izadi

Name of organization / entity

Country
Iran (Islamic Republic of)

Phone
+98 61 3552 8291

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mohsenizadi9877@gmail.com

Recruitment status
Recruitment complete

Funding source

Expected recruitment start date
2026-06-10, 1405/03/20

Expected recruitment end date
2026-06-26, 1405/04/05

Actual recruitment start date
empty

Actual recruitment end date
empty

Trial completion date
empty

Scientific title
Studying the effectiveness of positive thinking skills

training on behavioral flexibility, aggression, and academic self-efficacy of aggressive fifth-grade male students

Public title
Investigating the Effect of Teaching Positive Thinking Skills on Students' Psychological Variables
Purpose
Education/Guidance
Inclusion/Exclusion criteria
Inclusion criteria:
Fifth grade male students Obtaining a score one standard deviation above the mean in aggression Informed consent of the student's parents to participate in the research
Exclusion criteria:
Unwillingness to participate in research, Participating in other psychotherapy sessions at the same time as the research
Age
From **10 years** old to **11 years** old
Gender
Male

Phase
N/A
Groups that have been masked
No information
Sample size
Target sample size: **40**
Randomization (investigator's opinion)
Randomized
Randomization description
The statistical population of the present study will consist of all aggressive fifth-grade male students in Ahvaz city who are studying in the academic year 2025–2026. In this type of effectiveness study, a two-stage approach is usually used: in the sample selection stage, convenience sampling will be employed. After selecting a sample of 40 participants based on the study’s inclusion and exclusion criteria, the participants will be randomly assigned to two groups: “Positive Thinking Skills Training” (intervention group) and “Waitlist” (control group). Randomization will be carried out using variable block randomization with block sizes of 4 and 6 by an independent statistician who is not involved in the implementation process. The random allocation list will be generated using the RAND function in Excel and then placed in opaque, sealed, and numbered envelopes so that the researcher and participants will not be aware of the allocation sequence (allocation concealment). Opening the envelope and informing each participant of their assigned group will be done only when each participant enters the study. To ensure the equivalence of baseline variables (such as aggression level and age), their distribution in the two groups will be examined in the statistical analysis phase.
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
Ethics Committee of Islamic Azad University of Ahvaz Branch
Street address
Opposite Keshavarz Street, Farhang Shahr, Golestan Highway
City
Ahvaz
Province
Khouzestan
Postal code
6134937333
Approval date
2026-04-30, 1405/02/10
Ethics committee reference number
IR.IAU.AHVAZ.REC.1405.098

Health conditions studied

1

Description of health condition studied
Aggression
ICD-10 code
R45.6
ICD-10 code description
Violent behavior

Primary outcomes

1

Description
Action Flexibility
Timepoint
1. Pre-test (before the start of the intervention) 2. Post-test (immediately after the end of the intervention period) 3. One-month follow-up after the intervention
Method of measurement
The variable will be measured using the Connor and Davidson (2003) Functional Flexibility Questionnaire.

2

Description
Aggression
Timepoint
1. Pre-test (before the start of the intervention) 2. Post-test (immediately after the end of the intervention period) 3. One-month follow-up after the intervention

Method of measurement
The variable will be measured using the Ahvaz Aggression Inventory by Zahedifar et al. (1990).

3

Description
Academic Self-Efficacy
Timepoint
1. Pre-test (before the start of the intervention) 2. Post-test (immediately after the end of the intervention period) 3. One-month follow-up after the intervention
Method of measurement
The variable will be measured using the academic self-efficacy questionnaire of Zajakova et al. (2005).

Secondary outcomes

empty

Intervention groups

1

Description
Intervention group: Positive thinking skills. Duration of each session: 60 minutes; Total number of sessions: 8 sessions; Sequence of sessions: twice a week; Tools: guided discourse, mindfulness exercises, cognitive restructuring, positive visualization, constructive problem solving. Session content: Session 1: Introduction to positive thinking, intervention logic, pre-test. Session 2: Identification of negative thoughts and cognitive errors. Session 3: Cognitive restructuring; replacing negative thoughts with positive and realistic thoughts. Session 4: Mindfulness exercises to reduce emotional reactions. Session 5: Positive visualization to boost self-confidence and imagine success. Session 6: Coping with stress and failure, constructive problem solving training. Session 7: Training in assertiveness and positive communication skills. Session 8: Summary, review of skills, final suggestions, post-test and determining follow-up time.
Category
Treatment - Other

2

Description
Control group: The control group will not receive any intervention during the research, but to prevent factors that threaten the internal validity of the research, such as compensatory competition from the control group or demoralization, they will be assured that they will receive positive thinking skills training in the next session (after data collection).
Category
Treatment - Other

Recruitment centers

1

Recruitment center
Name of recruitment center
Ahvaz Education Department Consulting Center
Full name of responsible person
Mohsen Izadi
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next to Shohada High School, Fatemi Boulevard, clock Square
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Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Islamic Azad University
Full name of responsible person
Aslan Egdarnezhad
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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
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
Mohsen Izadi

Position
Master's student

Latest degree
Bachelor

Other areas of specialty/work
Psychology

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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