Clinical Trial Protocol
Iranian Registry of Clinical Trials

08 Nov 2026

Comparing the Effectiveness of an AI-Driven Automated Guidance Educational Intervention versus a Social Network-Based Educational Intervention on cellphone addiction and Social relational Quality among Dormitory-Residing Nursing Students

Protocol summary

Study aim
Determining and Comparing the Effectiveness of an AI-Driven Automated Guidance Educational Intervention versus a Social Network-Based Educational Intervention on cellphone addiction and Social relational Quality among Dormitory-Residing Nursing Students

Design
This randomized, parallel-group, single blind, controlled clinical trial includes 120 nursing students living in a dormitory, who will be randomly assigned to one of three groups using block randomization (block size = 6).

Settings and conduct
It will be affiliated with the Shiraz University of Medical Sciences School of Nursing and Midwifery and the dormitories. Intervention will be provided via videos. A research assistant will collect the questionnaires and statistician that will analyze the data, will be blind to the study groups.

Participants/Inclusion and exclusion criteria
Inclusion Criteria: 1) Being a nursing student at Shiraz University of Medical Sciences (in the city of Shiraz) 2) Being in the 3rd to 6th semester of study 3) Residing in the dormitory for at least 4 consecutive days per week 4) Willingness to participate in the research 5) Having been a student at Shiraz University of Medical Sciences since the beginning of their studies Exclusion Criteria: • Transfer or visiting students • Missing more than 5 sessions of the one-month course • Experiencing a crisis (e.g., death of a family member, divorce, etc.) during the study period

Intervention groups
Participants are allocated to three groups. Over four weeks, the artificial intelligence group receives standardized ChatGPT-generated educational content, the social media group receives brief video-based training, and the control group receives no intervention. Outcomes are compared across the three groups at the end of the study.

Main outcome variables
Improving cellphone addiction and social relational quality Among Nursing Students

General information

Reason for update

Acronym

IRCT registration information
IRCT registration number: **IRCT20251223068424N2**
Registration date: **2026-07-11, 1405/04/20**
Registration timing: **prospective**

Last update: **2026-07-11, 1405/04/20**
Update count: **0**

Registration date
2026-07-11, 1405/04/20

Registrant information

Name
Mohammad Heydari fard

Name of organization / entity

Country
Iran (Islamic Republic of)

Phone
+98 71 1647 4258

Email address
m80fard@gmail.com

Recruitment status
recruiting

Funding source

Expected recruitment start date
2026-07-26, 1405/05/04

Expected recruitment end date
2026-12-21, 1405/09/30
Actual recruitment start date
empty
Actual recruitment end date
empty
Trial completion date
empty

Scientific title
Comparing the Effectiveness of an AI-Driven Automated Guidance Educational Intervention versus a Social Network-Based Educational Intervention on cellphone addiction and Social relational Quality among Dormitory-Residing Nursing Students

Public title
Comparison of the Effectiveness of an AI-Driven Automated Guidance-Based Educational Intervention versus a Social Network-Based Educational Intervention
Purpose
Supportive
Inclusion/Exclusion criteria
Inclusion criteria:
1) Being a nursing student at Shiraz University of Medical Sciences in the city of Shiraz, 2) Being a student in the 3rd to 6th semester of study, 3) Residing in the dormitory for at least four consecutive days per week, 4) Willingness to participate in research, 5) Having been a student at Shiraz University of Medical Sciences since the beginning of their studies
Exclusion criteria:
Transfer or visiting students Missing no more than 5 sessions of the one-month course Facing a crisis (death of a family member, divorce, etc.) during the study period
Age
From **18 years** old to **30 years** old
Gender
Both

Phase
N/A
Groups that have been masked
No information
Sample size
Target sample size: **120**
Randomization (investigator's opinion)
Randomized
Randomization description
Sampling method: Nursing students living in the dormitory across various academic semesters will be selected using a table of random numbers and subsequently assigned to one of three groups based on a block randomization scheme (block size of 6) generated by software. To this end, nursing students in semesters 3 through 6 will first be selected, and each will be assigned a number. A table of random numbers will be used to select these individuals. Once an individual is selected, they will be assigned to one of the three groups based on pre-prepared block randomization sequences (block size of 6) contained in sealed envelopes. Allocation Concealment Method After the statistician generates the sequence of random blocks, the sequence is placed in sealed, numbered envelopes. Upon selecting a participant, the research assistant opens the envelopes sequentially to assign the individual to one of the three groups.
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
Research Ethics commitees of Shiraz University of Medical Sciences
Street address
Seventh floor, Central Building of Shiraz University of Medical Sciences, Zand St.
City
Shiraz
Province
Fars
Postal code
71348-14336
Approval date
2026-07-07, 1405/04/16
Ethics committee reference number
IR.SUMS.REC.1405.274

Health conditions studied

1

Description of health condition studied
Students' dormitory
ICD-10 code
Y92.16
ICD-10 code description
School dormitory as the place of occurrence of the external cause

Primary outcomes

1

Description
Cellphone addiction
Timepoint
Before and after the intervention
Method of measurement
Cell phone addiction scale

2

Description
Social relational quality
Timepoint
Before and after the intervention
Method of measurement
Social relations quality scale

Secondary outcomes

empty

Intervention groups

1

Description
Intervention group: This study aims to reduce cellphone addiction by using intervetional content generated by an artificial intelligence system (ChatGPT). To ensure intervention consistency and enhance the internal validity of the study, participants do not interact directly with the AI system. Instead, all prompts and AI-generated responses are developed, reviewed, and finalized before the study begins and are provided identically to all participants.The researcher is responsible for designing the intervention, developing standardized prompts, generating and standardizing AI responses, and monitoring the implementation of the intervention. Participants use the pre-prepared materials to select the recommended behavioral strategies and apply them in their daily lives.The intervention is conducted over a four-week period and includes an initial orientation session, provision of a participant manual, implementation of a cellphone addiction reduction program, daily or weekly activity recording, standardized weekly feedback, and monitoring of adherence by the researcher assistant. During the first week, participants select and implement at least three behavioral strategies from a set of pre-designed options, including limiting mobile phone use, disabling unnecessary notifications, scheduling phone-free periods, engaging in alternative non-digital activities, and practicing brief mindfulness exercises.At the end of the fourth week, a post-intervention assessment is conducted to evaluate changes in cellphone addiction. The use of standardized prompts and fixed AI-generated responses for all participants ensures complete standardization of the intervention, eliminates variability associated with dynamic AI responses, and maintains consistency in the content, intensity, and quality of the intervention.
Category
Rehabilitation

2

Description
Intervention group: Social network-Based Training Group: The intervention is delivered via a social network accessible in Iran, utilizing a series of MP4 video files designed for micro-teaching. The research team conducts this four-week training program according to a per-established schedule. Each video file lasts between 3 and 10 minutes, ensuring ease of uploading and downloading on the social network. Additionally, the files are designed to be small in size so they can be easily opened on mobile phones with limited storage capacity.
Category
Rehabilitation

3

Description
Control group: This group receives no intervention.
Category
Rehabilitation

Recruitment centers

1

Recruitment center
Name of recruitment center
Hazrat-e Fatemeh (SA) School of Nursing and Midwifery
Full name of responsible person
Masoume Rambod
Street address
School of Nursing and Midwifery, Namazi Square, Shiraz, Fars Province, Iran,
City
Shiraz
Province
Fars
Postal code
71936-13119
Phone
+98 71 3647 4254
Email
rambodma@gmail.com

2

Recruitment center
Name of recruitment center
Dormitories affiliated with the Hazrat Fatemeh (SA) School of Nursing and Midwifery
Full name of responsible person
Masoume Rambod
Street address
Nursing and Midwifery School, Namazi Square, Shiraz, Fars
City
shiraz
Province
Fars
Postal code
71936-13119
Phone
+98 71 3647 4254
Email
rambodma@gmail.com

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Shiraz University of Medical Sciences
Full name of responsible person
Hamid Mohammadi
Street address
Seventh floor, Central Building of Shiraz University of Medical Sciences, Zand St.
City
Shiraz
Province
Fars
Postal code
7193613119
Phone
+98 71 3235 7282
Email
vcrdep@sums.ac.ir
Grant name
H index grant of Shiraz University of Medical Sciences
Grant code / Reference number
HG.2,98
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
Shiraz University of Medical Sciences
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
Shiraz University of Medical Sciences
Full name of responsible person
Masoume Rambod
Position
Professor
Latest degree
Ph.D.
Other areas of specialty/work
Others
Street address
Zand Street, Namazi Square. School of Nursing Midwifery, Shiraz
City
Shiraz
Province
Fars
Postal code
71936–13119
Phone
+98 71 3677 4254
Email
rambodma@gmail.com

Person responsible for scientific inquiries

Contact
Name of organization / entity
Shiraz University of Medical Sciences
Full name of responsible person
Masoume Rambod
Position
Professor
Latest degree
Ph.D.
Other areas of specialty/work
Others
Street address
Nursing and Midwifery University, Namazee Sq, Zand Ave, Shiraz
City
Shiraz
Province
Fars
Postal code
7193613119
Phone
+98 71 3647 4258
Email
rambodma@gmail.com

Person responsible for updating data

Contact
Name of organization / entity
Shiraz University of Medical Sciences
Full name of responsible person
Masoume Rambod
Position
Professor
Latest degree
Ph.D.
Other areas of specialty/work
Others
Street address
شیراز، خیابان زند، میدان نمازی، دانشگاه پرستاری و مامایی
City
Shiraz
Province
Fars
Postal code
7193613119
Phone
+98 71 3647 4258
Email
rambodma@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
Yes - There is 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
Yes - There is a plan to make this available
Title and more details about the data/document
Primary outcomes would be shared.
When the data will become available and for how long
Starting 6 months after publication article
To whom data/document is available
People and researchers working in academic institutions
Under which criteria data/document could be used
Data are provided for information only.
From where data/document is obtainable
Data is available via email rambodma@gmail.com.
What processes are involved for a request to access data/document
Data is available via email rambodma@gmail.com.
Comments