Clinical Trial Protocol
Iranian Registry of Clinical Trials

08 Nov 2026

The effectiveness of teaching life skills through storytelling on creativity, social skills, and reducing shyness in students.

Protocol summary

Study aim
Determining the effectiveness of teaching life skills through storytelling on creativity, social skills, and reducing shyness in students

Design
This study is a randomized, double-blind, parallel-group clinical trial conducted in Phase 2 on 30 fourth-grade male elementary school students (15 in each group). The sample allocation is done by simple randomization using the RAND function in Excel software; first, each participant receives an identification code and is divided into two groups of 15 based on a random number.

Settings and conduct
This study will employ a field experimental design using a pretest-posttest approach. The research will be conducted at the 17 Shahrivar Primary School. This will be a double-blind study, in which clinical caregivers, outcome assessors, and the data analyst will remain blinded to the participants' group allocation (experimental vs. control)

Participants/Inclusion and exclusion criteria
Inclusion Criteria Aged between 9 and 10 years. Currently enrolled in the fourth grade of primary school. Informed consent obtained from both the participants (students) and their parents/legal guardians. Exclusion Criteria Presence of any physical health conditions that may interfere with the research process. Current use of psychiatric medications.

Intervention groups
Intervention group: Life skills training is provided in 6 weekly 60-minute sessions in a group setting. Control group: Does not receive any intervention.

Main outcome variables
Creativity component; Social skills; Shyness

General information

Reason for update

Acronym

IRCT registration information
IRCT registration number: **IRCT20260705070079N1**
Registration date: **2026-07-17, 1405/04/26**
Registration timing: **prospective**

Last update: **2026-07-17, 1405/04/26**
Update count: **0**

Registration date
2026-07-17, 1405/04/26

Registrant information

Name
sara taherinasab

Name of organization / entity

Country
Iran (Islamic Republic of)

Phone
+98 61 4365 0509

Email address
sarataherin456@gmail.com

Recruitment status
Recruitment complete

Funding source

Expected recruitment start date
2026-08-06, 1405/05/15

Expected recruitment end date
2026-08-16, 1405/05/25

Actual recruitment start date
empty

Actual recruitment end date
empty

Trial completion date
empty

Scientific title
The effectiveness of teaching life skills through storytelling on creativity, social skills, and reducing shyness in students.

Public title
The effectiveness of teaching life skills through storytelling
Purpose
Education/Guidance
Inclusion/Exclusion criteria
Inclusion criteria:
Aged between 9 and 10 years. Currently enrolled in the fourth grade of primary school. Informed consent obtained from both the participants (students) and their parents/legal guardians.
Exclusion criteria:
Presence of any physical health conditions that may interfere with the research process. Current use of psychiatric medications.
Age
From **9 years** old to **10 years** old
Gender
Male

Phase
N/A
Groups that have been masked

- Care provider
- Outcome assessor
- Data analyser

Sample size
Target sample size: **30**
Randomization (investigator's opinion)
Randomized
Randomization description
In this study, simple randomization method is used to assign participants to two experimental and control groups. The randomization unit in this study is the fourth grade male students of Izeh city who are determined to be eligible for the study based on the entry criteria. First, a complete list of volunteer and eligible students who have been selected according to the entry criteria is prepared. Then, each participant is assigned a unique numerical identification code. These codes are entered into the Random Number Generator software and a random number is generated for each student. After generating the numbers, the participants are sorted in ascending order based on the value of the random number. Then, the individuals are assigned to two groups; sequentially, the first 15 people on the list are assigned to the experimental group and the next 15 people are assigned to the control group.
Blinding (investigator's opinion)
Double blinded
Blinding description
In order to control bias and improve the internal validity of the study, this study was designed with a double-blind protocol; in this way, the clinical caregivers, outcome assessor, and data analyst will be kept unaware of the allocation of individuals to the experimental and control groups. In this process, the outcome assessor will collect data at all stages of the pretest, posttest, and follow-up, without knowing the assigned group of the participants, in order to prevent bias in the measurement; also, all raw data will be provided to the statistical analyst with anonymous codes (such as groups 1 and 2), and the true nature of the groups will not be revealed until the end of the data analysis process. All allocation steps will be performed by an individual independent of the research team, and decoding of allocation codes will only be done after the final completion of the statistical analyses.
Placebo
Not used
Assignment
Parallel
Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee
Name of ethics committee
Behbahan Islamic Azad University
Street address
Shahid Bayani Street., Amir Kabir Boulevard
City
Behbahan
Province
Khouzestan
Postal code
6361713198
Approval date
2026-06-14, 1405/03/24
Ethics committee reference number
IR.IAU.BEHBAHAN.REC.1405.149

Health conditions studied

1

Description of health condition studied
Teaching skills to students
ICD-10 code
Z73.5
ICD-10 code description
Social role conflict, not elsewhere classified

Primary outcomes

1

Description
Creativity
Timepoint
Before performing the intervention and two weeks after completion of the intervention
Method of measurement
Abedi Creativity Questionnaire (1993)

2

Description

Social skills

Timepoint

Before performing the intervention and two weeks after completion of the intervention

Method of measurement

Gresham and Elliott Social Skills Questionnaire (1990)

3

Description

Shyness

Timepoint

Before performing the intervention and two weeks after completion of the intervention

Method of measurement

Chalpi and Amirkafi Shyness Questionnaire (2004)

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: Storytelling life skills training sessions will be held in 6 weekly 60-minute sessions for the experimental group. Storytelling life skills training is an educational approach that aims to strengthen abilities such as decision-making, problem-solving, empathy, social interaction, and emotion management, helping students learn appropriate ways to deal with life's problems and challenges through listening to stories, analyzing story situations, and role-playing. This method provides an indirect and practical learning environment for life skills by presenting engaging, creative story situations that are appropriate to the students' experiences. This approach has main educational axes that lead to the improvement of students' individual and social skills; These axes include: selecting 10 to 15 short, purposeful stories with messages about empathy, decision-making, and problem-solving, and preparing handouts or picture cards for different parts of the story, narrating the stories by the teacher with clear language and using attractive images, asking simple questions to ensure understanding of the story content, group discussion about the characters' behavior and their relationship to the desired skill, implementing practical activities and role-playing based on the story, summarizing key points and writing a short story by students, and finally administering a short test on the target skills and providing group feedback. The main emphasis of this training is on learning and applying life skills in real situations through understanding, analyzing, and experiencing story situations.

Category

Behavior

2

Description

Control group: They do not receive any intervention or treatment.

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center

17 Shahrivar Elementary School

Full name of responsible person

Sarah Taheri Nasab

Street address

Shahid Azizi Street, Basij Intersection

City

Izah

Province

Khouzestan

Postal code

6391654348

Phone

+98 937 523 6826

Email

sarataherin456@gmail.com

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Asadabad University of Medical Sciences

Full name of responsible person

Behrang Mohammad Salehi

Street address

Daneshjo Square, Zagros Boulevard

City

Izeh

Province

Khouzestan

Postal code

6391693627

Phone

+98 996 477 0611

Email

bsalehi@iau.ac.ir

Grant name

Grant code / Reference number

Is the source of funding the same sponsor organization/entity?

Yes

Title of funding source

Asadabad 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

Islamic Azad University

Full name of responsible person

Sara Taherinasab

Position

Master's student

Latest degree

Bachelor

Other areas of specialty/work

Psychology

Street address

No. 89, Shahid Azizi Street, Basij Intersection

City

Izeh

Province

Khouzestan

Postal code

6391654341

Phone

+98 61 4365 0509

Fax

Email

sarataherin456@gmail.com

Person responsible for scientific inquiries

Contact

Name of organization / entity

Islamic Azad University

Full name of responsible person

Sara Taherinasab

Position

Master's student

Latest degree

Bachelor

Other areas of specialty/work

Psychology

Street address

No. 89, Shahid Azizi Street, Basij Intersection

City

Izeh

Province

Khouzestan

Postal code

6391654341

Phone

+98 61 4365 0509

Fax

Email

sarataherin456@gmail.com

Person responsible for updating data

Contact

Name of organization / entity

Islamic Azad University

Full name of responsible person

Sara Taherinasab

Position

Master's student

Latest degree

Bachelor

Other areas of specialty/work

Psychology

Street address

No. 89, Shahid Azizi Street, Basij Intersection

City

Izeh

Province

Khouzestan

Postal code

6391654341

Phone

+98 61 4365 0509

Fax

Email

sarataherin456@gmail.com

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

No - There is not a plan to make this available

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

No - There is not a plan to make this available

Data Dictionary

No - There is not a plan to make this available