Clinical Trial Protocol
Iranian Registry of Clinical Trials

07 Nov 2026

Comparing the effectiveness of self-directed learning strategies training and mindfulness training on academic optimism, self-efficacy beliefs, sense of belonging to school, and hope for education in divorced students

Protocol summary

Study aim
Comparing the effectiveness of self-directed learning strategies training and mindfulness training on academic optimism, self-efficacy beliefs, sense of belonging to school, and hope for education in divorced students

Design
The clinical trial has a control group with parallel groups, double-blind, purposefully selected, and with a sample size of 45 students, they are placed in three groups of 15 through simple randomization using Random Number Generator software.

Settings and conduct
This research will use a field experimental research method and an extensive pre-test and post-test design with a follow-up phase. The research will be conducted in a counseling center. All outcome evaluators and data analysts who interpret the data and all information will be confidential and participants will be given pseudonyms.

Participants/Inclusion and exclusion criteria
Inclusion Criteria Participants must be at least 9 and at most 12 years old. Parents must be divorced. Informed consent of the student and parents to participate in the research. Exclusion Criteria Having psychological disorders and taking psychiatric medications. Having physical problems that interfere with the intervention process.

Intervention groups
Experimental group one: Self-directed learning strategies training based on the Pentridge educational model (2000; cited by Vahidinejad et al., 2020) is implemented in 15 60-minute sessions, once a week. Experimental group two: Mindfulness training based on the standard protocol of Bowen et al. (2011; cited by Akbarpour et al., 2014) is implemented in 8 120-minute sessions, once a week. Control group: Do not receive any intervention.

Main outcome variables
Academic optimism; self-efficacy beliefs; sense of belonging to school; hope for education.

General information

Reason for update

Acronym

IRCT registration information
IRCT registration number: **IRCT20260711070131N1**
Registration date: **2026-07-14, 1405/04/23**
Registration timing: **prospective**

Last update: **2026-07-14, 1405/04/23**
Update count: **0**

Registration date
2026-07-14, 1405/04/23

Registrant information

Name
Maryam Farahmandgomari

Name of organization / entity

Country
Iran (Islamic Republic of)

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+98 916 903 7391

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Recruitment status
Recruitment complete

Funding source

Expected recruitment start date
2026-08-11, 1405/05/20

Expected recruitment end date
2026-08-21, 1405/05/30

Actual recruitment start date
empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Comparing the effectiveness of self-directed learning strategies training and mindfulness training on academic optimism, self-efficacy beliefs, sense of belonging to school, and hope for education in divorced students

Public title

Comparing the effectiveness of self-directed learning strategies training and mindfulness training

Purpose

Education/Guidance

Inclusion/Exclusion criteria

Inclusion criteria:

Participants must be at least 9 and at most 12 years old. Parents must be divorced. Informed consent of the student and parents to participate in the research.

Exclusion criteria:

Having psychological disorders and taking psychiatric medications. Having physical problems that interfere with the intervention process.

Age

From **9 years** old to **12 years** old

Gender

Female

Phase

N/A

Groups that have been masked

- Outcome assessor
- Data analyser

Sample size

Target sample size: **45**

Randomization (investigator's opinion)

Randomized

Randomization description

In this study, to achieve completely random assignment and eliminate any researcher interference or bias, a simple randomization method will be used. First, a complete list of divorced female students in Gotvand city who meet the inclusion criteria will be prepared. Then, each of these students will be assigned an initial numerical identification code. These codes will be entered into the Random Number Generator software. The software will generate a unique random number for each student. After generating the numbers, the participants will be listed in ascending order based on the value of the random number. Then, sequentially, the first to fifteenth students on the list will be assigned to the first experimental group (training in self-regulated learning strategies), the sixteenth to thirtieth students to the second experimental group (mindfulness training), and the thirty-first to forty-fifth students to the control group. This process will be designed in such a way that the order of entry or the researcher's knowledge of the participants will not play any role in the allocation method, and it will not be possible to predict each individual's group before randomization is complete.

Blinding (investigator's opinion)

Double blinded

Blinding description

In order to control bias and improve internal validity of the study, this study was designed with a double-blind protocol; in this way, the outcome assessor and data analyst will be kept unaware of the allocation of students to the intervention and control groups. In this process, the outcome assessor will collect data at all stages of pre-test, post-test, and follow-up, without knowing the students' assigned group, in order to prevent bias in the measurement; also, all raw data will be provided to the statistical analyst with anonymous codes (such as group A, B, and C), 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 independent person from the research team, and decoding of allocation codes will be done only 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

Ethics Committee of Islamic Azad University of Ahvaz

Street address

Islamic Azad University of Ahvaz, Farhang Shahr

City

Ahvaz

Province

Khouzestan

Postal code

6134937333

Approval date

2026-06-02, 1405/03/12

Ethics committee reference number

IR.IAU.AHVAZ.REC.1405.205

Health conditions studied

1

Description of health condition studied

Problems caused by parental divorce

ICD-10 code

Z63.5

ICD-10 code description

Disruption of family by separation and divorce

Primary outcomes

1

Description
Academic optimism
Timepoint
before performing the intervention and two weeks after completion of the intervention
Method of measurement
Shannon Moran et al.'s Academic Optimism Questionnaire (2012)

2

Description
Self-efficacy beliefs
Timepoint
before performing the intervention and two weeks after completion of the intervention
Method of measurement
Academic Self-Efficacy Questionnaire by Zajakova et al. (2005)

3

Description
Feeling of belonging to school
Timepoint
before performing the intervention and two weeks after completion of the intervention
Method of measurement
School Belonging Questionnaire by Barry et al. (2004)

4

Description
Educational Hope
Timepoint
before performing the intervention and two weeks after completion of the intervention
Method of measurement
Khormaei and Kamri Educational Hope Questionnaire (2017)

Secondary outcomes

empty

Intervention groups

1

Description
Intervention group1: In this study, the self-directed learning strategies training program based on the Pentridge educational model (2000; cited by Vahidinejad et al., 2010) is used as an intervention variable. This program will be implemented in the form of 15 group training sessions, each lasting 60 minutes, and weekly for the members of the experimental group. The content of the sessions includes training in learning planning skills, setting educational goals, monitoring progress, self-regulation in the learning process, and using effective learning strategies, which are presented in a structured manner according to the guidelines of the original model.
Category
Behavior

2

Description
Intervention group2: In this study, the mindfulness training program based on the standard protocol of Bowen et al. (2011; cited in Akbarpour et al., 1402) will be used as an intervention variable. This program will be implemented in the form of 8 group training sessions, each lasting 120 minutes, and weekly for the experimental group members. The content of the sessions includes a set of formal and informal mindfulness exercises, training in mindfulness skills, emotion regulation, non-judgmental observation of experience in the present moment, and body-based and breathing exercises that are presented in a structured manner according to the main protocol guidelines.
Category
Behavior

3

Description
Control group: They do not receive any intervention or treatment.
Category
N/A

Recruitment centers

1

Recruitment center
Name of recruitment center
Shahid Rasoulzadeh School
Full name of responsible person
Maryam Farahmandgomari
Street address
No. 52, Imam Khomeini Street
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Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Islamic Azad University
Full name of responsible person

Aslan Egdernezhad

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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
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
Maryam Farahmandgomari

Position
PhD student

Latest degree
Master

Other areas of specialty/work
Counseling

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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
No - There is not a plan to make this available
Informed Consent Form
No - There is not 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