Clinical Trial Protocol
Iranian Registry of Clinical Trials

07 Nov 2026

The Effectiveness of Short-Term Solution-Focused Therapy on Aggressive Behaviors, Interpersonal Sensitivity, Problem-Solving Ability, and Social Skills in Female High School Adolescents

Protocol summary

Study aim

General Objective To determine the effectiveness of short-term solution-focused therapy on aggressive behaviors, interpersonal sensitivity, problem-solving ability, and social skills among female upper secondary school students.

Design

A quasi-experimental pretest-posttest control group study is conducted with 30 female students, randomly assigned to intervention and control groups (15 each). The intervention group receives eight 60-minute sessions of Brief Solution-Focused Therapy.

Settings and conduct

The study involves 30 female students from an upper secondary school in District 4 of Isfahan, selected by multistage cluster sampling and randomly assigned to intervention and control groups. The intervention group receives eight weekly 60-minute SFBT sessions.

Participants/Inclusion and exclusion criteria

Inclusion criteria: Female students in the 10th, 11th, or 12th grade of upper secondary school; provision of informed consent by the student and parent(s); and ability to participate in group sessions and complete research instruments. Exclusion criteria: Presence of an acute psychiatric disorder or physical/sensory conditions affecting the ability to participate in the study; concurrent participation in counseling programs or educational workshops related to the study variables; and unwillingness to continue participation in the study.

Intervention groups

Intervention group: Participants in this group receive Brief Solution-Focused Therapy in a group setting. The intervention consists of eight weekly 60-minute sessions conducted at the school. Control group: Participants in this group do not receive Brief Solution-Focused Therapy during the intervention period and remain under standard school educational conditions.

Main outcome variables

Aggression; interpersonal sensitivity; problem-solving ability; social skills.

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20261003071279N1**
Registration date: **2026-10-08, 1405/07/16**
Registration timing: **prospective**

Last update: **2026-10-08, 1405/07/16**
Update count: **0**

Registration date

2026-10-08, 1405/07/16

Registrant information

Name

Arefeh Asgari

Name of organization / entity

Country

Iran (Islamic Republic of)

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Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2026-10-09, 1405/07/17

Expected recruitment end date

2026-10-13, 1405/07/21

Actual recruitment start date

empty

Actual recruitment end date
empty
Trial completion date
empty

Scientific title
The Effectiveness of Short-Term Solution-Focused Therapy on Aggressive Behaviors, Interpersonal Sensitivity, Problem-Solving Ability, and Social Skills in Female High School Adolescents

Public title
Effect of Brief Solution-Focused Therapy on Aggression, Interpersonal Sensitivity, Problem-Solving Ability, and Social Skills in Adolescents
Purpose
Treatment
Inclusion/Exclusion criteria
Inclusion criteria:
Must be a female student in the 10th, 11th, or 12th grade of upper secondary school. Informed consent for participation in the research must be obtained from the student and their parents. Must not have any physical or cognitive impairment, or acute mental disorder, that prevents participation in the research.
Exclusion criteria:
Simultaneously participate in a counseling session or a related skills workshop. Voluntarily withdraw from further participation in the research. Do not fail to complete the between-session assignments and exercises more than twice. Absence exceeding two sessions her environmental or living conditions change in a way that disrupts the continuation of the intervention. Physical or family circumstances prevent her from continuing her participation.
Age
From **15 years** old to **18 years** old
Gender
Female

Phase
N/A
Groups that have been masked
No information
Sample size
Target sample size: **30**
Randomization (investigator's opinion)
Randomized
Randomization description
After selecting 30 eligible students, a numerical code ranging from 1 to 30 is assigned to each participant. Using a table of random numbers, a starting point is randomly selected, and the numbers in the table are examined sequentially from that point in a specific direction. Numbers corresponding to the participants' codes are extracted in order—without repetition—to form a randomized list of the 30 participants. The first 15 codes are assigned to the experimental group, and the subsequent 15 codes are assigned to the control group.
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, Isfahan (Khorasgan) Branch
Street address
East Jay Street, Arghavaniyeh, Daneshgah Boulevard
City
Isfahan
Province
Isfehan
Postal code
39998-81551
Approval date
2025-05-05, 1404/02/15
Ethics committee reference number
IR.IAU.KHUISF.REC.1404.057

Health conditions studied

1

Description of health condition studied
Aggression
ICD-10 code
ICD-10 code description

2

Description of health condition studied
Interpersonal sensitivity
ICD-10 code
ICD-10 code description

3

Description of health condition studied
Problem-solving ability
ICD-10 code
ICD-10 code description

4

Description of health condition studied
Social skills
ICD-10 code
ICD-10 code description

Primary outcomes

1

Description

Aggression: scores on the Buss and Perry Aggression Questionnaire at pre-test and post-test; Interpersonal Sensitivity: scores on the Boyce and Parker Interpersonal Sensitivity Index at pre-test and post-test; Problem-Solving Ability: scores on the Heppner Problem-Solving Questionnaire at pre-test and post-test; Social Skills: scores on the Inderbitzen and Foster Adolescent Social Skills Scale at pre-test and post-test.

Timepoint

Pretest, before the intervention; posttest, immediately after completion of the 8-session intervention.

Method of measurement

1. Buss and Perry Aggression Questionnaire, developed by Buss and Perry in 1992, consists of 29 items assessing four subscales: physical aggression, verbal aggression, anger, and hostility.2. Boyce and Parker Interpersonal Sensitivity Measure, developed by Boyce and Parker in 1989, consists of 38 items.3. Heppner and Petersen Problem-Solving Inventory, developed by Heppner and Petersen in 1982, consists of 32 items.4. Inderbitzen and Foster Teenage Inventory of Social Skills, developed by Inderbitzen and Foster in 1992, originally consists of 40 items. In the present study, item 22 was removed, and 39 items were used.

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: Brief Solution-Focused Therapy is delivered in a group format over 8 weekly sessions, with each session lasting 60 minutes.Session 1: Establishing the therapeutic relationship and readiness for change. Participants become familiar with each other and the session framework. The goals, rules, and procedures of the sessions are explained, with emphasis on participants' strengths and the possibility of change.Session 2: Introduction to the solution-focused therapy framework. The basic principles of the solution-focused approach and the active role of the client in the change process are introduced. Patterns related to problem maintenance and ineffective solutions are also explored.Session 3: Identifying successful experiences and effective strategies. Participants identify situations in which they have responded effectively to difficult circumstances, extract effective strategies, and focus on reusing successful responses.Session 4: Hope and commitment to change. Small and achievable changes are emphasized. Participants discuss their preferred situation, existing barriers, and possible steps toward change. Scaling questions are used to assess the current situation and progress.Session 5: Identifying resources and exceptions. Participants identify situations in which the problem is less severe or functioning is more desirable. Personal resources and successful experiences are explored, along with ways to use them in similar situations.Session 6: Visualizing the preferred future and finding solutions. The miracle question is used to help participants imagine their preferred situation. Expected changes in thoughts, emotions, and behaviors are explored, and different constructive ways of moving toward the preferred situation are identified.Session 7: Moving toward goals and consolidating change. Participants review changes and steps taken toward their goals, focus on small and observable changes, and identify and strengthen new and effective patterns.Session 8: Reviewing and evaluating changes and termination. Initial goals and progress are reviewed. Changes and individual achievements are examined, progress is assessed using scaling questions, participants' participation is acknowledged, and the therapy process is summarized and concluded.

Category

Treatment - Other

2

Description

Control group: The control group does not receive Brief Solution-Focused Therapy during the intervention period and continues its usual educational activities.

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center

Shahid Morteza Omidian Girls' Vocational School

Full name of responsible person

Arefeh Asgari

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

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Full name of responsible person

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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, Isfahan (Khorasgan) Branch

Proportion provided by this source
1

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, Isfahan (Khorasgan) Branch

Full name of responsible person
Arefeh Asgari

Position
Student

Latest degree
Master

Other areas of specialty/work
Psychology

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Person responsible for updating data

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Sharing plan

Deidentified Individual Participant Data Set (IPD)
No - There is not a plan to make this available

Justification/reason for indecision/not sharing IPD

Individual participant data are used solely for statistical analysis within the scope of the research objectives and questions; given the nature and aims of the study, sharing the individual data file is not necessary to achieve the research objectives.

Study Protocol

Undecided - It is not yet known if there will be a plan to make this available

Statistical Analysis Plan

Undecided - It is not yet known if there will be 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

Not applicable

Data Dictionary

Not applicable