

Clinical Trial Protocol

Iranian Registry of Clinical Trials

18 Sep 2026

The Effectiveness of Skill Life Education on Reducing Intention to Addiction Based on Trans theoretical Model in students

Protocol summary

Summary

The substance abuse develops relatively rapidly during early adolescence. More than three quarters of cigarette smokers have their first cigarette before 18 years of age. The present study investigated the effectiveness of Life Skills education such as a school-based substance abuse prevention program to reduce intention addiction in adolescence base on Stage of Change (T.T.M). Among 9693 students at the grade of 7-9, 503 girls and boys were randomly recruited and then randomly allocated to intervention group (254 students) and control group (249 students). Interventions included life skills training for 4 month in the form of lectures, showing slides and film, group discussion and role playing, during the eight 90-minute sessions. Education was completed through distribution of educational booklets and pamphlet, among the intervention group. Interventions was also included advocacy of the administration officials, school counselors and directors to devoted suitable and sufficient time to life skills training, providing necessary equipment and costs for training, competition and implementation of reward programs, counseling centers, and life skills training with low cost and easy access. Primary outcomes included developed knowledge and decrease of intention addiction that measured before and 8 weeks after the study. Regarding ethics, pamphlet was given to control group at the end of program.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT201202209090N1**

Registration date: **2012-07-23, 1391/05/02**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2012-07-23, 1391/05/02

Registrant information

Name

Behnaz Abdollahi mehr

Name of organization / entity

Tehran University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

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bb.mehr2008@yahoo.com

Recruitment status

Recruitment complete

Funding source

Vice-chancellor for Research, Tehran University of Medical Sciences

Expected recruitment start date

2011-01-21, 1389/11/01

Expected recruitment end date

2011-06-20, 1390/03/30

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The Effectiveness of Skill Life Education on Reducing Intention to Addiction Based on Trans theoretical Model in students

Public title

Addiction and Life Skills

Purpose

Prevention

Inclusion/Exclusion criteria

Inclusion criteria: Student in grade of 7-9, without any education history about Addiction. Exclusion criteria: Not completing the questionnaires, not participating in classes.

Age

From **11 years** old to **18 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **503**

Randomization (investigator's opinion)

Randomized

Randomization description

Blinding (investigator's opinion)

Not blinded

Blinding description

Placebo

Not used

Assignment

Parallel

Other design features

Mental Health

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Tehran University of Medical Sciences

Street address

Faculty of Nursing and Midwifery, Tehran University of Medical Sciences, Nosrat St., Tohid Sq.

City

Tehran

Postal code

1419733171

Approval date

2010-12-18, 1389/09/27

Ethics committee reference number

4058/250/89/3

Health conditions studied

1

Description of health condition studied

Behavior disorder & Addiction

ICD-10 code

F10-F19

ICD-10 code description

Mental and behavioural disorders due to psychoactive substance use

Primary outcomes

1

Description

Stage of change in Intention Addiction (Pre Contemplation-Contemplation-Action)

Timepoint

Before intervention and 8 weeks after intervention

Method of measurement

Researcher made Questionnaire

Secondary outcomes

1

Description

Development of behavior in prevention of Addiction

Timepoint

before intervention and 8 weeks after intervention

Method of measurement

Researcher made Questionnaire

Intervention groups

1

Description

Intervention group: Intervention includes 3 life Skills training (self esteem, anger control, and say NO skills) for 4 month by lectures, showing slide and film, group discussions and role playing, eight sessions at 90 minute. Distribution of educational booklets and pamphlet among students.

Category

Prevention

2

Description

Control group: No Intervention.

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center

Rafsanjan city - mild school

Full name of responsible person

Abdollahi Mehr.Behnaz

Street address

Tehran University of Medical Sciences

City

Tehran

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Vice chancellor for research, Tehran University of Medical Sciences

Full name of responsible person

Dr. Baheiraei Azam

Street address

Faculty of Nursing and Midwifery, Tehran University of Medical Sciences, Nosrat St., Tohid Sq.

City

Tehran

Grant name

91-90

Grant code / Reference number**Is the source of funding the same sponsor organization/entity?**

Yes

Title of funding source

Vice chancellor for research, Tehran University of Medical Sciences

Proportion provided by this source

100

Public or private sector

empty

Domestic or foreign origin

empty

Category of foreign source of funding

empty

Country of origin**Type of organization providing the funding**

empty

Person responsible for general inquiries

Contact**Name of organization / entity**

Tehran University of Medical Sciences

Full name of responsible person

Abdollahi Mehr., Behnaz

Position

Ms student

Other areas of specialty/work**Street address**

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Zareiee Khadijeh

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Sharing plan

Deidentified Individual Participant Data Set (IPD)

empty

Study Protocol

empty

Statistical Analysis Plan

empty

Informed Consent Form

empty

Clinical Study Report
empty
Analytic Code

empty
Data Dictionary
empty