# Clinical Trial Protocol
# Iranian Registry of Clinical Trials

08 Nov 2026

## The effectiveness of self determination educational program on academic motivation, self- directed learning and decision making styles in high school students

### Protocol summary

**Study aim**
Determining the effectiveness of the self-determination educational program on academic motivation, self-directed learning and the decision-making styles among high school students

**Design**
Clinical trial with control group, parallel, non-blinded, randomized

**Settings and conduct**
The venue (place) of the training course was the same high school that was selected. The pre-test was performed for both groups, simultaneously. The experimental group then was trained for 3 months, during 8, 90-minutes sessions. The control group received no training during the course of experimental group training. After completing the training course, post-test were performed for both experimental and control groups. In the third stage and after two months of post-test implementation, the experimental group was subjected to a follow-up test. During the training course, no subject erosion (drop) was observed.

**Participants/Inclusion and exclusion criteria**
Inclusion criteria: being students of tenth grade and their willingness to participate in the educational program.
Exclusion criteria: Severe psychological problems

**Intervention groups**
The intervention group: 20 students from the 10th grade who showed their satisfaction to participate in the curriculum, and 8 sessions of 90-minute subjects were administered to them. Control group: 20 of the 10th grade students who did not receive any training but in order to attract satisfaction and ethics in research, after research period, they received an intensive program period.

**Main outcome variables**
Academic motivation, Self- directed learning, Decision making styles

### General information

**Reason for update**

**Acronym**

**IRCT registration information**
IRCT registration number: **IRCT20180224038843N1**
Registration date: **2018-10-09, 1397/07/17**
Registration timing: **retrospective**

Last update: **2018-10-09, 1397/07/17**
Update count: **0**

**Registration date**
2018-10-09, 1397/07/17

**Registrant information**

**Name**
Nasrin Rahmanpour

**Name of organization / entity**
The university of Allameh Tabatabai

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Iran (Islamic Republic of)

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**Recruitment status**
**Recruitment complete**

**Funding source**

**Expected recruitment start date**
2017-12-05, 1396/09/14

**Expected recruitment end date**
2018-01-04, 1396/10/14

**Actual recruitment start date**
2017-12-05, 1396/09/14

**Actual recruitment end date**
2017-12-15, 1396/09/24

**Trial completion date**

2018-10-03, 1397/07/11

**Scientific title**
The effectiveness of self determination educational program on academic motivation, self- directed learning and decision making styles in high school students

**Public title**
Effectiveness of self determination educational program on high school students

**Purpose**
Education/Guidance

**Inclusion/Exclusion criteria**
**Inclusion criteria:**
Students in the tenth grade of girl’s high schools of Tehran
**Exclusion criteria:**
Severe psychological problems

**Age**
From **15 years** old to **17 years** old

**Gender**
Female

**Phase**
N/A

**Groups that have been masked**
*No information*

**Sample size**
Target sample size: **50**
Actual sample size reached: **40**

**Randomization (investigator's opinion)**
Randomized

**Randomization description**
The sample was consisted of two classes of 20 girls , selected by multi-stage cluster sampling method, and randomly assigned to experimental and control groups. In the first stage, one of the Tehran’s 19 districts (district 5) was selected in a simple random manner. In the second stage, one of the girls’ high schools in District 5, was selected in a simple random manner. In the third stage, two (20member) classes from three classes of 10th grade of that high school, were randomly selected as a research sample. Then one of the classes were randomly assigned to the experimental group and another 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 Shahed University

**Street address**
The University of Shahed.,The opposite of Imam Khomeini shrine., Qom Highway

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Tehran

**Province**
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**Postal code**
3319118651

**Approval date**
2018-04-23, 1397/02/03

**Ethics committee reference number**
IR.SHAHED.REC.1397.005

## Health conditions studied

### 1

**Description of health condition studied**
Academic motivation

**ICD-10 code**

**ICD-10 code description**

### 2

**Description of health condition studied**
Self-directed learning

**ICD-10 code**

**ICD-10 code description**

### 3

**Description of health condition studied**
Decision-making styls

**ICD-10 code**

**ICD-10 code description**

## Primary outcomes

### 1

**Description**
Academic motivation

**Timepoint**
Before intervention, immediately after intervention, after two months for follow-up study

**Method of measurement**
Academic motivation scale of vallerand

### 2

**Description**
Self- directed learning

**Timepoint**
Before intervention, immediately after intervention, after two months for follow-up study

**Method of measurement**
Self-directed learning instrument of cheng

**3**

**Description**
Decision making styles
**Timepoint**
Before intervention, immediately after intervention, after two months for follow-up study
**Method of measurement**
General decision making scale of scote & brous

## Secondary outcomes

empty

## Intervention groups

**1**

**Description**
The Intervention group: After determining the educational goals and then the content, strategies and tools for education, the self-determination educational program was prepared in 8 sessions that each one was 90 minutes long. This program was implemented after the preparation for the experimental group. The content and structure of the sessions were designed in such a way that each session completes the prior meetings and is a prerequirement for further sessions. The structure of the meetings was as follows: 1. Attraction, motivation and preparation 2. Examining home works and practices 3. Bug fixing on the educational content of the previous session 4. Presenting new education 5. break time 6. Conducting exercises on the education 7. Group discussion 8- assigning home works 9. Receiving and providing feedback. The learning strategies (actions) used in this research include explanation and elaboration technique, brainstorming, group discussion, presenting the role and role playing, self-evaluation, evaluating (solidarity of learnings), and conclusions. The required tools for education included PowerPoint software, markers, whiteboard, notebook, pen, color pencil and colored papers.
**Category**
Behavior

**2**

**Description**
Control group: No training was given to the control group during the course. However, in order to observe ethical issues in research and satisfy the control group participants, they were told that they will be offered an intensive program period after the completion of the research.
**Category**
Behavior

## Recruitment centers

**1**

**Recruitment center**
**Name of recruitment center**
The High School of Aeene Tarbiat
**Full name of responsible person**
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## Sponsors / Funding sources

**1**

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The University of Allameh Tabataba'i
**Full name of responsible person**
Dr. Faramarz Sohrabi: Deputy of research and technology
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**Web page address**
**Grant name**
**Grant code / Reference number**
**Is the source of funding the same sponsor organization/entity?**
Yes
**Title of funding source**
The University of Allameh Tabataba'i
**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**

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**Position**
phd candidate of Educational Psychology

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Master

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Psychology

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## Person responsible for updating data

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

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