Clinical Trial Protocol
Iranian Registry of Clinical Trials

09 Nov 2026

The Effectiveness of Cognitive-Behavioral Stress Management education on the improvement of self efficacy and academic Stress Caused by Personal and Parental Expectations among High School Students of Jiroft, in 2018.

Protocol summary

Study aim

Determining the Effect of Cognitive-Behavioral Stress Management Training on Self-Efficacy and Academic Stress Caused by Personal Expectations and Parents' Expectations in Secondary School Students in Second Secondary Schools of Jirfot city Schools in the Year 2018

Design

60 people with low self-efficacy and high academic stress are selected.They were randomly divided into two groups without a researcher's knowledge of the two groups The group is an intervention group and the second group is the control group

Settings and conduct

This study was conducted in a group of ten ten-minute sessions on cognitive-behavioral management in Jiroft city.And the researcher did not have any information about the type of study group.

Participants/Inclusion and exclusion criteria

Entry requirements: 1)Second year Secondary students 2)Students with low self-efficacy score and high academic stress score. Exit terms: 1)Having a history of physical and psychiatric problems 2)History of attending similar training courses

Intervention groups

. The research community will be composed of eligible third-year students of secondary education Demographic characteristics, Ang and Hahn's stress tests and Morris self-efficacy questionnaire will be used to collect information Students with low self-efficacy and high stress levels are randomly selected and matched in two groups of control and testing.The test group is then given ten training sessions on cognitive and behavioral stress management The control group will not receive any training

Main outcome variables

1) Cognitive - Behavioral Management 2) Self Efficacy 3) Academic stress

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20181015041352N1**
Registration date: **2018-11-12, 1397/08/21**
Registration timing: **retrospective**

Last update: **2018-11-12, 1397/08/21**
Update count: **0**

Registration date

2018-11-12, 1397/08/21

Registrant information

Name

fazel ebrahimi

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 34 4327 4086

Email address

f.ebrahimi@kmu.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2018-09-26, 1397/07/04

Expected recruitment end date

2018-10-16, 1397/07/24

Actual recruitment start date

empty

Actual recruitment end date
empty
Trial completion date
empty

Scientific title
The Effectiveness of Cognitive-Behavioral Stress Management education on the improvement of self efficacy and academic Stress Caused by Personal and Parental Expectations among High School Students of Jiroft, in 2018.

Public title
The Effectiveness of Cognitive-Behavioral Stress Management education on the improvement of self efficacy and academic Stress Caused by Personal and Parental of student
Purpose
Education/Guidance
Inclusion/Exclusion criteria
Inclusion criteria:
Second year Secondary students Students with low self-efficacy score and high academic stress score
Exclusion criteria:
Having a history of physical and psychiatric problems History of attending similar training courses Absenteeism of more than two sessions in training classes
Age
No age limit
Gender
Male

Phase
N/A
Groups that have been masked

- Investigator
- Data analyser

Sample size
Target sample size: **60**
Randomization (investigator's opinion)
Randomized
Randomization description
Simple randomization using random numbers.The method of randomization is clustered.The software for randomization is the spss.
Blinding (investigator's opinion)
Single blinded
Blinding description
The researcher did not have any knowledge of the two groups in gathering information and recording them
Placebo
Not used
Assignment
Other
Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee
Name of ethics committee
Ethics Committee of Kerman University of Medical Sciences
Street address
Haft bagh Blvd
City
Kerman
Province
Kerman
Postal code
76616913555
Approval date
2018-07-29, 1397/05/07
Ethics committee reference number
IR.Kmu.REC.1397.160

Health conditions studied

1

Description of health condition studied
Cognitive-Behavioral Management.Self Efficacy،Academic stress
ICD-10 code
ICD-10 code description

Primary outcomes

1

Description
Percentage of people who have low self-efficacy score.
Timepoint
Before the intervention begins And one month after the end of the intervention
Method of measurement
Morris Self-efficacy Questionnaire

2

Description
The percentage of people who have high academic stress score.
Timepoint
Before the intervention begins And one month after the end of the intervention.
Method of measurement
Ange & Hone Study Stress Questionnaire

Secondary outcomes

empty

Intervention groups

1

Description
"Intervention group:" 30 of those who have low self-efficacy scores and high stress scores are trained in cognitive behavioral management workshops in ten sessions of 90 minutes.
Category
Behavior

2

Description
Control group: 30 people who do not receive any training but are taken with the pre-test and post-test intervention group
Category
Behavior

Recruitment centers

1

Recruitment center
Name of recruitment center
High School Schools in Jiroft City
Full name of responsible person
FazelEbrahimi
Street address
Haft Bagh Blvd
City
Kerman
Province
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76616913555
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Fax
Email
f.ebrahimi@kmu.ac.ir

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Kerman University of Medical Sciences
Full name of responsible person
Fazel Ebrahimi
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Email
f.ebrahimi@kmu.ac.ir
Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
Kerman 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
Kerman University of Medical Sciences
Full name of responsible person
Fazel Ebrahimi
Position
student master of scince
Latest degree
Bachelor
Other areas of specialty/work
Nursery
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Person responsible for scientific inquiries

Contact
Name of organization / entity
Kerman University of Medical Sciences
Full name of responsible person
Fazel ebrahimi
Position
student of master
Latest degree
Bachelor
Other areas of specialty/work
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Person responsible for updating data

Contact
Name of organization / entity
Kerman University of Medical Sciences
Full name of responsible person
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Position
student of master
Latest degree
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Other areas of specialty/work
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City
Kerman
Province
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Postal code
76616913555
Phone
+98 34 4327 4086
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f.ebrahimi@kmu.ac.ir

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
No more information
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
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
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