Clinical Trial Protocol
Iranian Registry of Clinical Trials

07 Nov 2026

Comparison the effectiveness of social problem solving skills training and self-compassion training on academic self-efficacy, psychological well-being and academic resilience in high school male students with low academic performance

Protocol summary

Study aim
Comparison the effectiveness of social problem solving skills training and self-compassion training on academic self-efficacy, psychological well-being and academic resilience in high school male students with low academic performance

Design
In this research, the study population was all the eighth grade students of the first high school in the five educational districts of Tabriz in the academic year of 1402-1403. 90 students were selected by purposeful sampling and will be randomly divided into two experimental groups and one control group.

Settings and conduct
According to the objectives and hypotheses, the current research is a semi-experimental design with a pre-test and post-test with a control group. In total, three research groups were formed in 3 selected schools, consisting of students with the lowest academic performance in their classes, and then 2 groups were randomly selected as experimental groups and one group as control group.

Participants/Inclusion and exclusion criteria
The participants are eighth grade male students who have low academic performance They have not participated in the workshop of social problem solving skills and self-compassion before.

Intervention groups
Social problem solving skill group: For this group, in this research, social problem solving skill training means a set of activities that will be taught based on the social problem solving model, based on Frazer et al.'s model, during 8 sessions of 45 minutes. Self-compassion group: for this group, the self-compassion training program will be based on Gilbert's self-compassion-focused therapy book in the form of a training program and group discussion for 8 sessions of 90 minutes, which will be implemented weekly.

Main outcome variables
academic self-efficacy, psychological well-being and academic resilience

General information

Reason for update

Acronym

IRCT registration information
IRCT registration number: **IRCT20240509061711N1**
Registration date: **2024-06-01, 1403/03/12**
Registration timing: **retrospective**

Last update: **2024-06-01, 1403/03/12**
Update count: **0**

Registration date
2024-06-01, 1403/03/12

Registrant information

Name
SeyedDavoud HosseiniNasab

Name of organization / entity

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Iran (Islamic Republic of)

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Recruitment status
Recruitment complete

Funding source

Expected recruitment start date
2024-04-20, 1403/02/01

Expected recruitment end date
2024-04-21, 1403/02/02
Actual recruitment start date
2024-04-20, 1403/02/01
Actual recruitment end date
2024-04-21, 1403/02/02
Trial completion date
2024-06-20, 1403/03/31

Scientific title
Comparison the effectiveness of social problem solving skills training and self-compassion training on academic self-efficacy, psychological well-being and academic resilience in high school male students with low academic performance

Public title
Comparison the effectiveness of social problem solving skills training and self-compassion training on academic self-efficacy, psychological well-being and academic resilience in high school male students with low academic performance
Purpose
Education/Guidance
Inclusion/Exclusion criteria
Inclusion criteria:
Eighth grade male students with low academic performance
Exclusion criteria:
Experience of participating in social problem solving skills workshop History of participation in self-compassion training workshop
Age
From **13 years** old to **15 years** old
Gender
Male

Phase
N/A
Groups that have been masked
No information
Sample size
Target sample size: **90**
Actual sample size reached: **90**
Randomization (investigator's opinion)
Randomized
Randomization description
From the studied population, 90 students will be selected in 3 groups of 30 people in the form of purposeful sampling and will be randomly placed in two experimental groups and one control group. In this way, first among the five districts, the district with the lowest academic achievement average will be selected, and then the annual average of the schools of that district will be taken, and three schools with the lowest average will be selected from among these schools. After selecting these three schools, the scores of the students in each school will be sorted from the lowest to the highest, and 30 students from each school with the lowest academic achievement average will be selected as a group. Therefore, in total, three research groups were formed in 3 selected schools, consisting of students with the lowest academic performance in their classes, and then 2 groups were randomly selected as experimental groups and one group was replaced as a control group in the three groups. Explaining that in estimating the sample size, Kerlinger's recommendations were used, that for experimental designs, random selection of 30 samples for each group can guarantee the external validity of the research findings.
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
Research ethics committee of Islamic Azad University, Tabriz branch
Street address
Pasdaran Highway
City
Tabriz
Province
East Azarbaijan
Postal code
5157944533
Approval date
2024-04-09, 1403/01/21
Ethics committee reference number
IR.IAU.TABRIZ.REC.1403.020

Health conditions studied

1

Description of health condition studied
Academic self-efficacy
ICD-10 code
ICD-10 code description

2

Description of health condition studied
psychological well-being
ICD-10 code
ICD-10 code description

3

Description of health condition studied
academic resilience
ICD-10 code

ICD-10 code description

Primary outcomes

1

Description
Academic self-efficacy
Timepoint
After completing the intervention
Method of measurement
Jing and Morgan's academic self-efficacy questionnaire (1999)

2

Description
psychological well-being
Timepoint
After completing the intervention
Method of measurement
RIF short form psychological well-being questionnaire

3

Description
academic resilience
Timepoint
After completing the intervention
Method of measurement
Samuels Academic Resilience Questionnaire

Secondary outcomes

empty

Intervention groups

1

Description
Intervention group: for this group, based on the social problem solving skills training package based on Fraser et al.'s model, it will be implemented in 8 sessions of 45 minutes.
Category
Behavior

2

Description
Intervention group: For this group, the self-compassion training program will be taken from Gilbert's Compassion-Focused Therapy book in the form of a training program and group discussion for 8 sessions of 90 minutes, which will be implemented weekly.
Category
Behavior

3

Description
Control group: As a control group, they will not receive any intervention and only pre-test and post-test will be performed for this group.
Category
Other

Recruitment centers

1

Recruitment center
Name of recruitment center
Education of East Azerbaijan
Full name of responsible person
Massoud Saadati
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Sponsors / Funding sources

1

Sponsor
Name of organization / entity
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Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
No
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
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Asghar Hosseingolipour
Position
PhD student in educational psychology, Islamic Azad University, Tabriz branch, Iran
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
Considering that this research is for a specialized doctoral thesis and it will be extracted from that article, therefore the research and analysis method will be mentioned in the articles. Therefore, there is no need to provide the data, the data and the informed consent form will be provided in coded form only upon request of the referees of theses and journals to check the correctness of the data.
Study Protocol
No - There is not a plan to make this available
Statistical Analysis Plan
Not applicable
Informed Consent Form
No - There is not a plan to make this available
Clinical Study Report
Not applicable
Analytic Code
Not applicable
Data Dictionary
Not applicable