Clinical Trial Protocol
Iranian Registry of Clinical Trials

08 Nov 2026

Studying the effect of teaching problem solving skills on anger, behavioral flexibility and academic performance of angry male eighth-graders in Ahvaz city

Protocol summary

Study aim

The aim of this study is to determine the effectiveness of problem-solving skills training on aggression, behavioral flexibility, and academic self-efficacy of aggressive eighth-grade male students in Ahvaz.

Design

The present study, due to the multi-stage random selection of participants, is a field experimental study and the research design is a pre-test-post-test design with a control group. In this design, the subjects are measured before the implementation of the independent variable (pre-test), then the experimental intervention or independent variables are applied.

Settings and conduct

All aggressive male eighth grade students in Ahvaz who are studying in the 1403-1404 academic year

Participants/Inclusion and exclusion criteria

1- Not having a serious physical illness 2- Not participating in other psychotherapy sessions at least one month before the study 3- Obtaining a score of one standard deviation above the mean in aggression

Intervention groups

Ahvaz Aggression Inventory A. The instrument is a 38-item self-assessment inventory that has three subscales: anger and rage (14 items), aggression and insult (0 items), and stubbornness and resentment (0 items), which are scattered among the items of the inventory. Functional Flexibility Questionnaire: This questionnaire was prepared to measure resilience. It has been standardized by Mohammadi (1985). The creators of this questionnaire believe that this questionnaire can well separate resilient

Main outcome variables

Problem-solving skills, aggression, behavioral flexibility, academic self-efficacy

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20250521065828N1**
Registration date: **2025-07-17, 1404/04/26**
Registration timing: **registered_while_recruiting**

Last update: **2025-07-17, 1404/04/26**
Update count: **0**

Registration date

2025-07-17, 1404/04/26

Registrant information

Name

reaz hardani

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 61 1378 5979

Email address

rezahardani826@gmail.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2025-07-16, 1404/04/25

Expected recruitment end date

2025-09-21, 1404/06/30

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title
Studying the effect of teaching problem solving skills on anger, behavioral flexibility and academic performance of angry male eighth-graders in Ahvaz city

Public title
Studying the effect of teaching problem solving skills on anger, behavioral flexibility and academic performance of angry male eighth-graders

Purpose
Prevention

Inclusion/Exclusion criteria
Inclusion criteria:
Aggressive male students
Exclusion criteria:

Age
From **12 years** old to **15 years** old

Gender
Male

Phase
N/A

Groups that have been masked

- Participant

Sample size
Target sample size: **40**

Randomization (investigator's opinion)
Not randomized

Randomization description

Blinding (investigator's opinion)
Single blinded

Blinding description
The control group will not receive any intervention during the research, but to prevent factors that threaten the internal validity of the research, such as compensatory competition in the control group or demoralization, they will be assured that they will receive problem-solving skills training in the next round (after data collection).

Placebo
Not used

Assignment
Single

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee
Name of ethics committee
Ethics Committee of Islamic Azad University of Ahvaz Branch
Street address
Islamic Azad University of Ahvaz Branch
City
Ahwaz
Province
Khouzestan
Postal code
37333- 61349
Approval date
2025-05-31, 1404/03/10
Ethics committee reference number
IR.IAU.AHVAZ.REC.1404.119

Health conditions studied

1

Description of health condition studied
Aggression, behavioral flexibility, and academic self-efficacy of aggressive male students

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description
Problem-solving skills

Timepoint
13-14

Method of measurement
Questionnaire

2

Description
Aggression

Timepoint
13-14

Method of measurement
Ahwaz Aggression List

3

Description
Functional flexibility

Timepoint
13-14

Method of measurement
Functional Flexibility Questionnaire

4

Description
Academic self-efficacy

Timepoint
13-14

Method of measurement
Standardized Educational Self-Efficacy Questionnaire (CASES)

Secondary outcomes

empty

Intervention groups

1

Description
Control group: Control group: First, the Ahvaz Aggression Inventory is completed by the students, and the students who score higher are diagnosed with aggression by a clinical psychologist, and 40 people are selected from among these people.
Category
N/A

Recruitment centers

1

Recruitment center
Name of recruitment center
Islamic Azad University, Ahvaz Unit
Full name of responsible person
Sasan Bavi
Street address
Golestan Highway، Farhang City، Islamic Azad University, Ahvaz Unit
City
Ahvaz
Province
Khouzestan
Postal code
3733361349
Phone
+98 61 3334 8420
Fax
Email
info@iauahvaz.ac.ir
Web page address

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Islamic Azad University
Full name of responsible person
Sasan Bavi
Street address
Golestan Highway، Farhang City، Islamic Azad University, Ahvaz Unit
City
Ahvaz
Province
Khouzestan
Postal code
3733361349
Phone
+98 61 3334 8420
Fax
Email
info@iauahvaz.ac.ir
Web page address
Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
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
Full name of responsible person
Sasan Savi
Position
University professor
Latest degree
Ph.D.
Other areas of specialty/work
Psychology
Street address
Islamic Azad University Ahvaz Branch ، Farhangshahr، Golestan Highway
City
Ahvaz
Province
Khouzestan
Postal code
6134937333
Phone
+98 61 3332 9200
Email
sasanbavi@gmail.com

Person responsible for scientific inquiries

Contact
Name of organization / entity
Islamic Azad University
Full name of responsible person
Sasan Bavi
Position
University professor
Latest degree
Ph.D.
Other areas of specialty/work
Psychology
Street address
Islamic Azad University Ahvaz Branch، Farhangshahr،

Golestan Highway

City
Ahvaz

Province
Khouzestan

Postal code
6134937333

Phone
+98 61 3332 9200

Email
sasanbavi@gmail.com

Person responsible for updating data

Contact

Name of organization / entity
Islamic Azad University

Full name of responsible person
Reza Hardani

Position
student

Latest degree
Bachelor

Other areas of specialty/work
Psychology

Street address
Islamic Azad University Ahvaz Branch، Farhangshahr، Golestan Highway

City
Ahvaz

Province
Khouzestan

Postal code
6134937333

Phone
+98 61 3378 5979

Email
rezahardani826@gmail.com

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
Not applicable

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

Clinical Study Report
Not applicable

Analytic Code
Not applicable

Data Dictionary
Not applicable