Clinical Trial Protocol
Iranian Registry of Clinical Trials

07 Nov 2026

The effectiveness of self-regulated learning strategies on learning disorders and the level of social functions of students

Protocol summary

Study aim
Determining the effectiveness of self-regulated learning strategies on learning disorders and the level of social functions of students

Design
Pretest-posttest quasi-experimental design with control group, sample selection based on inclusion criteria, sample allocation to two intervention and control groups, implementation of educational intervention of self-regulated learning strategies in the intervention group, evaluation of outcome variables before and after intervention in both groups, comparison of changes between groups to measure the effectiveness of the intervention

Settings and conduct
Primary school female students (fourth, fifth, sixth grade) in Ahvaz city

Participants/Inclusion and exclusion criteria
Inclusion criteria: Elementary school students (grades 3-6) residing in Ahvaz. Diagnosis of specific learning disorder by a psychologist or education specialist based on DSM-5 criteria or validated instruments. Having significant difficulties in learning areas (such as reading, writing, or math) confirmed by standardized learning disorder tests. Low or moderate level of social functioning, based on psychological assessments or validated questionnaires (such as the Social Behavior Scale). Inclusion criteria: Presence of severe comorbid psychiatric disorders, intellectual disability (IQ below 85) or severe general learning difficulties, chronic physical or neurological diseases that prevent continuous attendance at educational sessions, receiving similar psychological or educational interventions within the past 6 months.

Intervention groups
Intervention group: This group includes students who receive the self-regulated learning strategies training program. Control group: Students in this group do not receive any self-regulated educational intervention during the study period.

Main outcome variables
Learning disabilities, level of social functioning

General information

Reason for update

Acronym

IRCT registration information
IRCT registration number: **IRCT20250612066186N1**
Registration date: **2025-07-25, 1404/05/03**
Registration timing: **prospective**

Last update: **2025-07-25, 1404/05/03**
Update count: **0**

Registration date
2025-07-25, 1404/05/03

Registrant information

Name
Zahra hamid

Name of organization / entity

Country
Iran (Islamic Republic of)

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+98 61 4359 2283

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zahrahamid752@gmail.com

Recruitment status
Recruitment complete

Funding source

Expected recruitment start date
2025-08-20, 1404/05/29

Expected recruitment end date
2026-02-17, 1404/11/28

Actual recruitment start date
empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effectiveness of self-regulated learning strategies on learning disorders and the level of social functions of students

Public title

The effectiveness of self-regulated learning strategies on learning disorders and the level of social functions of students

Purpose

Education/Guidance

Inclusion/Exclusion criteria

Inclusion criteria:

Primary school female students Diagnosis of specific learning disorder Having significant learning difficulties Low or moderate level of social functioning

Exclusion criteria:

Presence of severe comorbid psychiatric disorders Mental disability (IQ below 85) Receiving similar psychological or educational interventions within the past 6 months

Age

From **6 years** old to **15 years** old

Gender

Female

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **40**

Randomization (investigator's opinion)

N/A

Randomization description

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 Islamic Azad University, Ahvaz Branch

Street address

Islamic Azad University Ahvaz Branch، Farhangshahr، Golestan Highway

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ahvaz

Province

Khouzestan

Postal code

3733361349

Approval date

2025-04-04, 1404/01/15

Ethics committee reference number

IR.IAU.AHVAZ.REC.1404.007

Health conditions studied

1

Description of health condition studied

Specific Learning Disorder - SLD

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description

Social Functioning Level

Timepoint

At the beginning of the intervention study and immediately after the end of the intervention

Method of measurement

Standard questionnaires for the level of social functioning

Secondary outcomes

1

Description

Learning Disorders Severity

Timepoint

At the beginning of the study and immediately after the end of the intervention

Method of measurement

Using standard diagnostic tests for learning disabilities

Intervention groups

1

Description

Intervention group: Elementary school students with learning disabilities who receive a self-regulated learning strategies training program.

Category

N/A

2

Description

Control group: Students with learning disabilities who did not receive any educational or rehabilitation intervention

during the study period.

Category
N/A

Recruitment centers

1

Recruitment center

Name of recruitment center
Islamic Azad University, Ahvaz Unit

Full name of responsible person
Parvin Ehteshamzadeh

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Islamic Azad University Ahvaz Branch، Farhangshahr، Golestan Highway

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Sponsors / Funding sources

1

Sponsor

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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
Parvin Ehteshamzadeh

Position
Associate professor

Latest degree
Ph.D.

Other areas of specialty/work
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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
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