Clinical Trial Protocol
Iranian Registry of Clinical Trials

08 Nov 2026

Studying The Effect of the Self-Working therapeutic educational program on Resilience, Self-Efficacy and Emotional Self-Awareness on Married Female Students of Payame Noor University

Protocol summary

Study aim
Studying the effect of self-working therapeutic educational program on resilience, self-efficacy, and emotional self-awareness in marriedfemale students of Payam Noor University

Design
A controlled clinical trial with parallel groups, without blinding, randomized, on 30 patients. The rand function of Excel software will be used for randomization.

Settings and conduct
The statistical population of the study includes all married female students of Payam Noor University of Ahvaz in the period of January 2025. In the sample selection stage, the available sampling method is used. After selecting the samples to a volume of 30 people based on the study's entry and exit criteria, the participants will be randomly assigned to two groups: "Self-training therapeutic educational program" (intervention group) and (control group).

Participants/Inclusion and exclusion criteria
Conditions for entering the study: Criteria for entering the study: Informed consent to participate in the study; Obtaining a score below the average on the resilience and self-efficacy questionnaire Conditions for not entering the study: Receiving other therapeutic interventions simultaneously with the study, Receiving other therapeutic interventions simultaneously with the study

Intervention groups
Intervention group: Self-discipline training program sessions will be conducted in groups of 13 sessions of 90 minutes according to the Self-discipline Training Program Techniques (Joharifard, 2023) on the experimental group. Control group: The control group will not receive any intervention during the research, but will receive the intervention after data collection to prevent factors that threaten the internal validity of the research, such as compensatory competition in the control group or demoralization.

Main outcome variables
Resilience; Self-efficacy; Emotional self-awareness

General information

Reason for update

Acronym

IRCT registration information
IRCT registration number: **IRCT20251214068329N1**
Registration date: **2025-12-27, 1404/10/06**
Registration timing: **prospective**

Last update: **2025-12-27, 1404/10/06**
Update count: **0**

Registration date
2025-12-27, 1404/10/06

Registrant information
Name
Mahdiyeh Zalaghi
Name of organization / entity
Country
Iran (Islamic Republic of)
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Recruitment status
Recruitment complete

Funding source

Expected recruitment start date
2026-01-05, 1404/10/15

Expected recruitment end date
2026-01-20, 1404/10/30

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Studying The Effect of the Self-Working therapeutic educational program on Resilience, Self-Efficacy and Emotional Self-Awareness on Married Female Students of Payame Noor University

Public title

Studying the effect of self-training therapeutic training program on resilience, self-efficacy, and emotional self-awareness of married female students

Purpose

Education/Guidance

Inclusion/Exclusion criteria

Inclusion criteria:

Informed consent to participate in research Obtaining a lower than average score on the resilience questionnaire Low scores on emotional self-awareness Obtaining a lower than average score on the self-efficacy questionnaire

Exclusion criteria:

Receiving other therapeutic interventions concurrently with the research Taking psychotropic medications or narcotics

Age

From **18 years** old to **40 years** old

Gender

Female

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **30**

Randomization (investigator's opinion)

Randomized

Randomization description

The statistical population of the study includes all married female students of Payam Noor University in the period of January 2025. In this type of impact assessment studies, a two-stage approach is usually used: In the sample selection stage, convenience sampling is used. After selecting a sample of 30 people based on the study's entry and exit criteria, participants will be randomly assigned to two groups: "Self-training therapeutic educational program" (intervention group) and (control group). Randomization is performed using the random block method with variable sizes (4 and 6 people) by an independent statistician who is not involved in the implementation process. The random allocation list is generated using the RAND function in Excel software and then placed in opaque, sealed, and numbered envelopes so that the researcher and participants are not aware of the allocation sequence (allocation concealment).

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 of Ahvaz Branch

Street address

Opposite Keshavarz Street, Farhang Shahr, Golestan Highway

City

Ahvaz

Province

Khouzestan

Postal code

6134937333

Approval date

2025-11-05, 1404/08/14

Ethics committee reference number

IR.IAU.AHVAZ.REC.1404.525

Health conditions studied

1

Description of health condition studied

Disruption in psychological resilience and self-efficacy among married female students

ICD-10 code

F40.1

ICD-10 code description

Social phobias

Primary outcomes

1

Description

Resilience

Timepoint

1. Pre-test (before the start of the intervention) 2. Post-test (immediately after the end of the intervention period) 3. One-month follow-up after the intervention

Method of measurement

The measurement will be done through the Connor-Davidson Resilience Questionnaire (2003).

2

Description

Self-efficacy

Timepoint

1. Pre-test (before the start of the intervention) 2. Post-test (immediately after the end of the intervention period) 3. One-month follow-up after the intervention

Method of measurement

The measurement method will be done through the self-efficacy questionnaire of Scherer et al. (1982).

3

Description

Emotional self-awareness

Timepoint

1. Pre-test (before the start of the intervention) 2. Post-test (immediately after the end of the intervention period) 3. One-month follow-up after the intervention

Method of measurement

The measurement method will be through the Emotional Awareness Questionnaire of Grant et al. (2002).

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: Duration of each session: 90 minutes; Total number of sessions: 13 sessions; Sequence of sessions: One group session per week; Type of intervention: Educational-therapeutic (non-pharmacological); Theoretical basis: Self-discipline training therapy program techniques based on the Joharifard model (1402); Therapeutic tools used: This program focuses on activating internal and interpersonal resources of self-discipline and developing emotional self-awareness. The main tools include the following: guided group therapy, mindfulness and acceptance exercises, mental imagery related to self-discipline and self-compassion, cognitive restructuring exercises and reflective writing, emotional problem-solving and emotion regulation training; Content of the training program sessions: Session 1: Pre-test implementation, introduction of the logic of the self-discipline program and basic concepts (self-discipline, self-compassion, emotional acceptance). Session 2: Introduction to the components of emotional self-awareness and identification of self-blaming thoughts and feelings. Session 3: Training in mindfulness skills and practicing calming breathing to regulate emotions. Session 4: Practicing positive self-imagery and cognitive restructuring of negative self-beliefs. Session 5: Practicing self-compassion through accepting letter writing and internal dialogue. Session 6: Examining emotional and cognitive barriers to self-compassion; awareness of fear of self-acceptance. Session 7: Teaching strategies for coping with self-criticism and practicing restructuring dysfunctional attitudes. Session 8: Strengthening resilience through techniques for accepting reality and recovering personal meaning. Session 9: Teaching self-efficacy skills; practicing setting small goals and positive feedback. Session 10: Strengthening positive emotion with teamwork and mutual empathy exercises. Session 11: Teaching communication skills and the impact of self-compassion on spouse relationships and the university environment. Session 12: Summarizing and reviewing key program strategies, preparing to maintain behavioral changes. Session 13: Conducting post-tests, final feedback, planning for longitudinal follow-up.

Category

Treatment - Other

2

Description

Control group: The control group will not receive any intervention during the research, but will receive the intervention after data collection to prevent factors that threaten the internal validity of the research, such as compensatory competition in the control group or demoralization.

Category

Treatment - Other

Recruitment centers

1

Recruitment center

Name of recruitment center
Payam Noor University of Ahvaz

Full name of responsible person
Mahdieh Zalaqi

Street address
Golzar St., Gulfam Blvd., Pardis

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Islamic Azad University

Full name of responsible person
Pezhman Taghipour Birgani

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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
Private

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
Mahdieh Zalaqi

Position
Master's student

Latest degree
Bachelor

Other areas of specialty/work
Psychology

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

Analytic Code

Not applicable

Data Dictionary

Not applicable