Clinical Trial Protocol
Iranian Registry of Clinical Trials

08 Nov 2026

The effectiveness of psychological self-care training on resilience, anger control, and mental health in students

Protocol summary

Study aim
Determining the effectiveness of psychological self-care training on resilience, anger control, and mental health in students

Design
This study is a quasi-experimental, two-parallel, double-blind study conducted on 30 students of Islamic Azad University, Izeh Branch (15 in the experimental group and 15 in the control group). The sample allocation is done by simple random method using the RAND function in Excel software; first, each participant is assigned a unique identification code and then a random number is generated for each individual using the RAND function. The participants are sorted based on the generated random numbers and finally the first 15 are placed in the experimental group and the next 15 are placed in the control group.

Settings and conduct
This research will use a field experimental research method and an extensive pre-test and post-test design. The research will be conducted at Islamic Azad University, Izeh Branch. All participants and intervention implementers (psychological self-care training) and evaluators who interpret the data and all information will be confidential and participants will be given an abbreviation.

Participants/Inclusion and exclusion criteria
Inclusion Criteria: Be at least 19 and no more than 45 years old Be a student at Azad University, Izeh Branch Be willing to participate in the research Exclusion Criteria: Have a physical illness that interferes with the treatment process Be taking psychiatric medications

Intervention groups
Intervention group: Psychological self-care training intervention based on the protocol of Orang et al. (1403) is implemented in a group setting in 10 60-minute sessions, one session per week. Control group: Do not receive any intervention.

Main outcome variables
Resilience; Anger Control; Mental Health.

General information

Reason for update

Acronym

IRCT registration information
IRCT registration number: **IRCT20260903070899N1**
Registration date: **2026-09-07, 1405/06/16**
Registration timing: **prospective**

Last update: **2026-09-07, 1405/06/16**
Update count: **0**

Registration date
2026-09-07, 1405/06/16

Registrant information

Name
Mahshad Lemoochi Taraji

Name of organization / entity

Country
Iran (Islamic Republic of)

Phone
+98 939 884 2174

Email address
limoochimaah@gmail.com

Recruitment status
Recruitment complete

Funding source

Expected recruitment start date
2026-09-20, 1405/06/29

Expected recruitment end date
2026-10-01, 1405/07/09

Actual recruitment start date
empty

Actual recruitment end date
empty

Trial completion date

empty

Scientific title
The effectiveness of psychological self-care training on resilience, anger control, and mental health in students

Public title
The effectiveness of psychological self-care training

Purpose
Education/Guidance

Inclusion/Exclusion criteria

Inclusion criteria:
Be at least 19 and no more than 45 years old Be a student at Azad University, Izeh Branch Be willing to participate in the research

Exclusion criteria:
Have a physical illness that interferes with the treatment process Be taking psychiatric medications

Age
From **19 years** old to **45 years** old

Gender
Both

Phase
N/A

Groups that have been masked

- Care provider
- Outcome assessor
- Data analyser

Sample size
Target sample size: **30**

Randomization (investigator's opinion)
Randomized

Randomization description
In this study, simple randomization method is used to assign participants to two experimental and control groups. The randomization unit in this study is the students of Islamic Azad University, Izeh Branch, who are eligible to enter the study. First, a complete list of volunteers who have been selected based on the study entry criteria is prepared. Then, each participant is assigned a unique numerical identification code. These codes are entered into the Random Number Generator software and a random number is generated for each individual. After generating these numbers, the participants are sorted in ascending order based on the value of the random number. Then, the individuals are assigned to two groups; sequentially, the first 15 people on the list are assigned to the experimental group and the next 15 people to the control group. With this method, the order of entry into the study and the researcher's knowledge of the participants will not play any role in determining the group. To ensure allocation concealment, the person responsible for entering data and performing the randomization process in the software will be independent of the intervention (self-care training) providers and research evaluators and will not have access to information about the session implementation process or changes in the allocation of individuals. Also, the participant identification codes will be kept confidential and separate from their other personal information. Therefore, it will not be possible to predict the assigned group for each participant before the randomization process.

Blinding (investigator's opinion)
Double blinded

Blinding description
In order to control bias and improve the internal validity of the study, this study was designed with a double-blind protocol; in this way, the intervention implementers (psychological self-care training), the outcome assessor, and the data analyst will be kept unaware of the allocation of students to the experimental and control groups. In this process, the outcome assessor will collect data at all stages of the pre-test, post-test, and follow-up, without knowing the assigned group of the participants, in order to prevent bias in the measurement; also, all raw data will be provided to the statistical analyst with anonymous codes (such as groups 1 and 2), and the true nature of the groups will not be revealed until the end of the data analysis process. All allocation steps will be performed by an independent person from the research team, and the decoding of the allocation codes will be done only after the final completion of the statistical analyses.

Placebo
Not used

Assignment
Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee
Behbahan Islamic Azad University Ethics Committee

Street address
Shahid Bayani St., Amir Kabir Blvd.

City
بهبهان

Province
Khouzestan

Postal code
6361713198

Approval date
2026-08-28, 1405/06/06

Ethics committee reference number
IR.IAU.BEHBAHAN.REC.1405.251

Health conditions studied

1

Description of health condition studied
Psychological problems and anger in students

ICD-10 code
R45.4

ICD-10 code description

Irritability and anger

Primary outcomes

1

Description
Resilience
Timepoint
before performing the intervention and two weeks after completion of the intervention
Method of measurement
Connor and Davidson Resilience Scale (2003)

2

Description
Anger control
Timepoint
before performing the intervention and two weeks after completion of the intervention
Method of measurement
Siegel Anger Questionnaire (1986)

3

Description
Mental health
Timepoint
before performing the intervention and two weeks after completion of the intervention
Method of measurement
Goldenberg Mental Health Questionnaire (1972)

Secondary outcomes

empty

Intervention groups

1

Description
Intervention group: Psychological self-care training sessions will be based on the training protocol designed by Orang et al. (1403). The sessions of this intervention will be conducted in 10 60-minute sessions (one session per week) in a group setting for the experimental group. Psychological self-care training is an approach that aims to promote resilience, manage negative emotions, and improve mental health, helping students manage their reactions to academic pressures and life challenges by identifying psychological needs, creating balance in their lifestyle, and employing effective coping strategies. This approach has main educational axes that lead to the promotion of individual capabilities, anger control, and improvement of psychological well-being; These axes include: establishing a therapeutic relationship, stating group rules and explaining the basic concepts of psychological self-care, familiarizing with the dimensions of self-care and identifying sources of student stress, teaching assertiveness and assertiveness skills to reduce anger, teaching techniques for managing and controlling anger and regulating emotions, teaching effective problem-solving and decision-making strategies, learning about effective thinking styles and cognitive restructuring of ineffective thoughts, teaching strategies for increasing resilience and dealing with hardships, developing effective communication skills and social support, teaching time management techniques and creating a balance between academic and personal life, and finally summarizing, collecting feedback and consolidating the skills learned. The main emphasis of this training is to reduce ineffective emotional reactions such as anger when challenges arise and replace them with conscious, coherent responses based on mental health and resilience.
Category
Behavior

2

Description
Control group: They do not receive any intervention or treatment.
Category
N/A

Recruitment centers

1

Recruitment center
Name of recruitment center
Islamic Azad University, Izeh Branch
Full name of responsible person
Mahshad Lemoochi Taraji
Street address
Daneshjo Square, Zagros Blvd.
City
Izeh
Province
Khouzestan
Postal code
6391693627
Phone
+98 939 884 2174
Email
limoochimaah@gmail.com

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Islamic Azad University
Full name of responsible person
Behrang Mohammad Salehi
Street address
Daneshjo Square, Zagros Blvd.
City
Izeh
Province

Khouzestan
Postal code
6391693627
Phone
+98 996 477 0611
Email
bsalehi@iau.ac.ir
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
Mahshad Lemoochi Taraji
Position
Master's student
Latest degree
Bachelor
Other areas of specialty/work
Psychology
Street address
No. 53, 1st Side Alley, 11th East Alley (Eastern 11th Alley), Mohammad Rasulollah St.
City
Izeh
Province
Khouzestan
Postal code
6391649494
Phone
+98 939 884 2174
Fax
Email
limoochimaah@gmail.com

Person responsible for scientific inquiries

Contact
Name of organization / entity
Islamic Azad University
Full name of responsible person
Mahshad Lemoochi Taraji
Position
Master's student
Latest degree
Bachelor
Other areas of specialty/work
Psychology
Street address
No. 53, 1st Side Alley, 11th East Alley (Eastern 11th Alley), Mohammad Rasulollah St.
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Postal code
6391649494
Phone
+98 939 884 2174
Fax
Email
limoochimaah@gmail.com

Person responsible for updating data

Contact
Name of organization / entity
Islamic Azad University
Full name of responsible person
Mahshad Lemoochi Taraji
Position
Master's student
Latest degree
Bachelor
Other areas of specialty/work
Psychology
Street address
No. 53, 1st Side Alley, 11th East Alley (Eastern 11th Alley), Mohammad Rasulollah St.
City
Izeh
Province
Khouzestan
Postal code
6391649494
Phone
+98 939 884 2174
Fax
Email
limoochimaah@gmail.com

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
Participant data is completely confidential and I do not intend to publish it.
Study Protocol
Undecided - It is not yet known if there will be a plan to make this available
Statistical Analysis Plan
No - There is not a plan to make this available
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

No - There is not a plan to make this available

Data Dictionary

No - There is not a plan to make this available