

Clinical Trial Protocol

Iranian Registry of Clinical Trials

15 Jun 2026

The effectiveness of self determination educational program on academic motivation, self- directed learning and decision making styles in high school students

Protocol summary

Study aim

Determining the effectiveness of the self-determination educational program on academic motivation, self-directed learning and the decision-making styles among high school students

Design

Clinical trial with control group, parallel, non-blinded, randomized

Settings and conduct

The venue (place) of the training course was the same high school that was selected. The pre-test was performed for both groups, simultaneously. The experimental group then was trained for 3 months, during 8, 90-minutes sessions. The control group received no training during the course of experimental group training. After completing the training course, post-test were performed for both experimental and control groups. In the third stage and after two months of post-test implementation, the experimental group was subjected to a follow-up test. During the training course, no subject erosion (drop) was observed.

Participants/Inclusion and exclusion criteria

Inclusion criteria: being students of tenth grade and their willingness to participate in the educational program.
Exclusion criteria: Severe psychological problems

Intervention groups

The intervention group: 20 students from the 10th grade who showed their satisfaction to participate in the curriculum, and 8 sessions of 90-minute subjects were administered to them. Control group: 20 of the 10th grade students who did not receive any training but in order to attract satisfaction and ethics in research, after research period, they received an intensive program period.

Main outcome variables

Academic motivation, Self- directed learning, Decision making styles

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20180224038843N1**

Registration date: **2018-10-09, 1397/07/17**

Registration timing: **retrospective**

Last update: **2018-10-09, 1397/07/17**

Update count: **0**

Registration date

2018-10-09, 1397/07/17

Registrant information

Name

Nasrin Rahmanpour

Name of organization / entity

The university of Allameh Tabatabai

Country

Iran (Islamic Republic of)

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Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2017-12-05, 1396/09/14

Expected recruitment end date

2018-01-04, 1396/10/14

Actual recruitment start date

2017-12-05, 1396/09/14

Actual recruitment end date

2017-12-15, 1396/09/24

Trial completion date

2018-10-03, 1397/07/11

Scientific title

The effectiveness of self determination educational program on academic motivation, self- directed learning and decision making styles in high school students

Public title

Effectiveness of self determination educational program on high school students

Purpose

Education/Guidance

Inclusion/Exclusion criteria

Inclusion criteria:

Students in the tenth grade of girl's high schools of Tehran

Exclusion criteria:

Severe psychological problems

Age

From **15 years** old to **17 years** old

Gender

Female

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **50**

Actual sample size reached: **40**

Randomization (investigator's opinion)

Randomized

Randomization description

The sample was consisted of two classes of 20 girls , selected by multi-stage cluster sampling method, and randomly assigned to experimental and control groups. In the first stage, one of the Tehran's 19 districts (district 5) was selected in a simple random manner. In the second stage, one of the girls' high schools in District 5, was selected in a simple random manner. In the third stage, two (20member) classes from three classes of 10th grade of that high school, were randomly selected as a research sample. Then one of the classes were randomly assigned to the experimental group and another to the control group.

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 Shahed University

Street address

The University of Shahed.,The opposite of Imam Khomeini shrine., Qom Highway

City

Tehran

Province

Tehran

Postal code

3319118651

Approval date

2018-04-23, 1397/02/03

Ethics committee reference number

IR.SHAHED.REC.1397.005

Health conditions studied

1

Description of health condition studied

Academic motivation

ICD-10 code

ICD-10 code description

2

Description of health condition studied

Self-directed learning

ICD-10 code

ICD-10 code description

3

Description of health condition studied

Decision-making styls

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description

Academic motivation

Timepoint

Before intervention, immediately after intervention, after two months for follow-up study

Method of measurement

Academic motivation scale of vallerand

2

Description

Self- directed learning

Timepoint

Before intervention, immediately after intervention, after two months for follow-up study

Method of measurement

Self-directed learning instrument of cheng

3

Description

Decision making styles

Timepoint

Before intervention, immediately after intervention, after two months for follow-up study

Method of measurement

General decision making scale of scote & brous

Secondary outcomes

empty

Intervention groups

1

Description

The Intervention group: After determining the educational goals and then the content, strategies and tools for education, the self-determination educational program was prepared in 8 sessions that each one was 90 minutes long. This program was implemented after the preparation for the experimental group. The content and structure of the sessions were designed in such a way that each session completes the prior meetings and is a prerequisite for further sessions. The structure of the meetings was as follows: 1. Attraction, motivation and preparation 2. Examining home works and practices 3. Bug fixing on the educational content of the previous session 4. Presenting new education 5. break time 6. Conducting exercises on the education 7. Group discussion 8- assigning home works 9. Receiving and providing feedback. The learning strategies (actions) used in this research include explanation and elaboration technique, brainstorming, group discussion, presenting the role and role playing, self-evaluation, evaluating (solidarity of learnings), and conclusions. The required tools for education included PowerPoint software, markers, whiteboard, notebook, pen, color pencil and colored papers.

Category

Behavior

2

Description

Control group: No training was given to the control group during the course. However, in order to observe ethical issues in research and satisfy the control group participants, they were told that they will be offered an intensive program period after the completion of the research.

Category

Behavior

Recruitment centers

1

Recruitment center

Name of recruitment center

The High School of Aeene Tarbiat

Full name of responsible person

Maryam Pourkeyhan

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No.122, Aeen tarbiat school.,The opposite of Keyvan road., Faze 1., Ekbatan

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

The University of Allameh Tabataba'i

Full name of responsible person

Dr. Faramarz Sohrabi: Deputy of research and technology

Street address

The University of Allameh Tabataba'i., Olympic Square., Olympic Village., Hemmat Highway

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Province

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Postal code

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Phone

+98 21 4473 7511

Email

sohraby@atu.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

The University of Allameh Tabataba'i

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

The University of Allameh Tabataba'i

Full name of responsible person

Nasrin Rahmanpour

Position

phd candidate of Educational Psychology

Latest degree

Master

Other areas of specialty/work

Psychology

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Latest degree

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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

Undecided - It is not yet known if there will be 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

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

Data Dictionary

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