Clinical Trial Protocol
Iranian Registry of Clinical Trials

19 Sep 2026

Evaluation of an educational intervention based on transtheoretical model in treating of internet gaming disorder among adolescents in Abyek city

Protocol summary

Study aim
Determining the effectiveness of an educational intervention based on transtheoretical model in treating of internet gaming disorder among adolescents in Abyek

Design
This study is randomly divided into parallel groups, two intervention and control groups with a sample size of 206 people.Out of 25 schools, 8 schools will be selected and 4 schools will be selected in the intervention group and 4 schools will be selected in the control group and then 30 people from each random school will be selected.

Settings and conduct
First,Abyek high school students will be sent an online questionnaire about internet gaming disorder and the insomnia severity index through social media.People with a score above 45 are randomly assigned to two intervention and control groups,the intervention group of the designed educational application receives the treatment of internet gaming disorder.The control group is trained on sleep hygiene.Before, one and three months after the end of the training, the questionnaires will be answered online again to evaluate the impact of the intervention.

Participants/Inclusion and exclusion criteria
Inclusion criteria:The desire to participate in the study;diagnosis of internet gaming disorder among students through the relevant questionnaire;access to computer, tablet or smartphone exclusion criteria:age over 18 years;non-addiction to online games

Intervention groups
Based on the transtheoretical model and cognitive-behavioral therapy, the educational application intervention group receives 30 to 45 minutes in eight sessions in an educational package,control group training is about sleep hygiene.To assess the impact of the intervention, individuals fill out questionnaires in the app one and three months after the end of the training.

Main outcome variables
Online play time;Online game addiction score

General information

Reason for update
Due to changes in general health conditions and due to coronavirus disease, the sampling time of the study has changed.

Acronym

IRCT registration information
IRCT registration number: **IRCT20181226042140N1**
Registration date: **2020-06-10, 1399/03/21**
Registration timing: **prospective**

Last update: **2020-08-25, 1399/06/04**
Update count: **1**

Registration date
2020-06-10, 1399/03/21

Registrant information

Name
sara fazelirooshande

Name of organization / entity

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Iran (Islamic Republic of)

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Recruitment status
Recruitment complete

Funding source

Expected recruitment start date
2021-04-09, 1400/01/20

Expected recruitment end date
2021-06-10, 1400/03/20

Actual recruitment start date
empty
Actual recruitment end date
empty
Trial completion date
empty

Scientific title
Evaluation of an educational intervention based on transtheoretical model in treating of internet gaming disorder among adolescents in Abyek city

Public title
The effect of intervention of internet gaming disorder among adolescents
Purpose
Education/Guidance
Inclusion/Exclusion criteria
Inclusion criteria:
Satisfaction to participate in research Busy studying Diagnosis of internet gaming disorder in students through the internet gaming disorder scale–short-form Internet access Access to computer, laptop, tablet or smartphone Gain a score of 45 or higher on the evaluation of the initial questionnaire on internet gaming disorder Ability to answer questionnaire questions Lack of mental illness (such as schizophrenia and bipolar disorder) or mental disability
Exclusion criteria:
Age over 18 years Non-addiction to online games
Age
From **12 years** old to **18 years** old
Gender
Both

Phase
N/A
Groups that have been masked
No information
Sample size
Target sample size: **206**
Randomization (investigator's opinion)
Randomized
Randomization description
This research is a randomized trial study of a single blind.By simple randomization, out of a total of 25 schools, 8 schools are randomly selected.Out of 8 schools, 4 are randomly assigned to control groups and 4 to random experimental groups.From each school, 30 students will be randomly selected.From each school,the number of students selected will receive a special code through the SPSS software,and then,after analyzing the data,they will be randomly selected through this codes. In each selected cluster, all students who played video games are selected.Subjects will be randomly divided into intervention and control groups.
Blinding (investigator's opinion)
Not blinded
Blinding description
Placebo
Not used
Assignment
Parallel

Other design features
Due to changes in general health conditions and due to coronavirus disease, the sampling time of the study has changed.

Secondary Ids

empty

Ethics committees

1

Ethics committee
Name of ethics committee
Ethics committee of Qazvin University of Medical Sciences
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Qazvin - Shahid Bahonar Boulevard - Qazvin University of Medical Sciences
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Postal code
3419915315
Approval date
2020-02-26, 1398/12/07
Ethics committee reference number
IR.QUMS.REC.1398.358

Health conditions studied

1

Description of health condition studied
Internet gaming disorder
ICD-10 code
DSM-5
ICD-10 code description
Internet gaming disorder

Primary outcomes

1

Description
Online game addiction score
Timepoint
Before the intervention and 1 and 3 months after the start of the intervention
Method of measurement
Internet Gaming Disorder Scale–Short-Form

Secondary outcomes

1

Description
Insomnia Severity Index
Timepoint

To evaluate participants, they answer the questionnaire questions before the intervention, one and three months after the intervention begins.

Method of measurement

Insomnia Severity Index (ISI)

2

Description

Scores of stress, anxiety, depression

Timepoint

To evaluate participants, they answer the questionnaire questions before the intervention, one and three months after the intervention begins.

Method of measurement

Depression Anxiety Stress Scales (DASS)

3

Description

Recognize the individual's position in the cycle of stages of change

Timepoint

To evaluate participants, they answer the questionnaire questions before the intervention, one and three months after the intervention begins.

Method of measurement

Questionnaire of Structural Stage of change of Transtheoretical Model

4

Description

Self-efficacy score

Timepoint

To evaluate participants, they answer the questionnaire questions before the intervention, one and three months after the intervention begins.

Method of measurement

Questionnaire of Structural Self-Efficacy of Transtheoretical Model

5

Description

Decision Balance Score

Timepoint

To evaluate participants, they answer the questionnaire questions before the intervention, one and three months after the intervention begins.

Method of measurement

Questionnaire of Structural Decision Balance of Transtheoretical Model

Intervention groups

1

Description

Intervention group: The educational application is designed based on the transtheoretical model and cognitive-behavioral therapy.The tutorials are designed for 8 sessions of 30 to 45 minutes.The content of the sessions includes increasing awareness and investigating the effect of internet gaming on people's physical and mental health; It is also about identifying misconceptions about online games and it also identifies and corrects misconceptions about online games.Part of this training also includes self-control, coping responses, and overcoming temptation.

Category

Behavior

2

Description

Control group: Online educational sessions are designed in 8 sessions, 30 minutes with the topic of sleep hygiene.The content of the sessions is designed to increase knowledge and improve sleep hygiene behavior,sleep habits,sleep management,identify incorrect patterns of behavior associated with sleep,and the impact of the environment, time, physical activity and nutrition on people's sleep.

Category

Behavior

Recruitment centers

1

Recruitment center

Name of recruitment center

Abyek High School

Full name of responsible person

Sara Fazeli Rooshande

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Sponsors / Funding sources

1

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Name of organization / entity

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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
Qazvin University of Medical Sciences

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
Qazvin University of Medical Sciences

Full name of responsible person
Sara Fzeli Rooshande

Position
Master of Science Student

Latest degree
Bachelor

Other areas of specialty/work
Health Promotion

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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