

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

10 Jun 2026

### The effectiveness of social skills training on emotional awareness and academic motivation of junior high school boys, a case study

#### Protocol summary

##### Study aim

The aim of this study was to determine the role of social skills training on adolescents' emotional self-awareness and academic motivation.

##### Design

A one-sample experimental study will be performed on 3 participants who participated voluntarily. The independent variables are the social skills training protocol and the dependent variables are academic motivation and emotional self-awareness. Two baselines will be taken from the participants before the intervention group. Then both sessions will be a test and two months after the end of the sessions, a follow-up test will be taken.

##### Settings and conduct

Alborz High School

##### Participants/Inclusion and exclusion criteria

In this study, 3 male high school students will be studied. Due to coronary limitations, group teaching was not possible and this method was selected for the study. The entry criteria are: Male students 12 to 16 years old from all three intermediate levels first, GPA above 16, No issues and problems in the disciplinary case. and low in educational motivation test D and the exit criteria will be non-participation in training sessions.

##### Intervention groups

The intervention will be done in a single sample and separately for each participant. Each participant will be trained in social skills once a week for two hours. The length of the sessions is 8 sessions.

##### Main outcome variables

Academic motivation, emotional self-awareness

#### General information

##### Reason for update

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT20220406054427N2**

Registration date: **2022-05-31, 1401/03/10**

Registration timing: **prospective**

Last update: **2022-05-31, 1401/03/10**

Update count: **0**

##### Registration date

2022-05-31, 1401/03/10

##### Registrant information

###### Name

Ghazal Zandkarimi

###### Name of organization / entity

Alzahra University

###### Country

Iran (Islamic Republic of)

###### Phone

+98 21 3507 4315

###### Email address

zandkarimi@refah.ac.ir

##### Recruitment status

**Recruitment complete**

##### Funding source

##### Expected recruitment start date

2022-06-20, 1401/03/30

##### Expected recruitment end date

2022-08-21, 1401/05/30

##### Actual recruitment start date

empty

##### Actual recruitment end date

empty

##### Trial completion date

empty

##### Scientific title

The effectiveness of social skills training on emotional awareness and academic motivation of junior high school boys, a case study

##### Public title

The effect of education on academic motivation

### **Purpose**

Education/Guidance

### **Inclusion/Exclusion criteria**

#### **Inclusion criteria:**

Having low academic motivation, Medium to high discipline score, GPA above 16

#### **Exclusion criteria:**

Failure to attend more than two training sessions

### **Age**

From **12 years** old to **16 years** old

### **Gender**

Male

### **Phase**

N/A

### **Groups that have been masked**

- Participant

### **Sample size**

Target sample size: **3**

More than 1 sample in each individual

Number of samples in each individual: **1**

Participants, as teens in junior high school, will be unaware that education will affect their academic performance. And they will think that the intervention will affect their emotional self-awareness.

### **Randomization (investigator's opinion)**

N/A

### **Randomization description**

### **Blinding (investigator's opinion)**

Single blinded

### **Blinding description**

Participants, as teens in junior high school, will be unaware that education will affect their academic performance. And they will think that the intervention will affect their emotional self-awareness.

### **Placebo**

Not used

### **Assignment**

Single

### **Other design features**

## **Secondary Ids**

empty

## **Ethics committees**

### **1**

#### **Ethics committee**

##### **Name of ethics committee**

Ethics Committee in Biomedical Research, Al-Zahra University

##### **Street address**

Baharestan - at the beginning of Mardom Street - Faculty of Welfare

##### **City**

Tehran

##### **Province**

Tehran

### **Postal code**

11575138

### **Approval date**

2022-04-27, 1401/02/07

### **Ethics committee reference number**

IR.ALZAHRA.REC.1401.019

## **Health conditions studied**

### **1**

#### **Description of health condition studied**

Adolescents with low academic motivation

#### **ICD-10 code**

#### **ICD-10 code description**

## **Primary outcomes**

### **1**

#### **Description**

Educational Motivation

#### **Timepoint**

Academic motivation was measured twice in the first baseline of the study, and both sessions were performed once during training and a total of five measurements during training and once during the follow-up period.

#### **Method of measurement**

Academic Motivation Questionnaire Harter et al (2005)

## **Secondary outcomes**

### **1**

#### **Description**

Emotional Self-Consciousness

#### **Timepoint**

Emotional self-awareness is measured twice in the first baseline of the study, and both sessions will be done once during training and in total five measurements during training and once in the follow-up period.

#### **Method of measurement**

Emotional Self-Awareness Questionnaire Rifi et al (2007)

## **Intervention groups**

### **1**

#### **Description**

Intervention group: The intervention will be performed separately on 3 adolescent male high school students separately. These students must be below the cut line in terms of academic motivation. Their selection is purposeful voluntarily. In the intervention group, Mariana Coty (2013) for 10 sessions of social skills training protocol is performed once a week on Wednesdays for two hours. Mariana Cotty Social Skills Training Protocol has 10 training sessions with the aim of teaching self-awareness, teaching social law, teaching how to interact, how to talk to others, teamwork and interaction, courage and emotion management. According to Coty (2013)

theory, adolescents need social skills training that these skills should be provided in addition to high school education and can help them to a very high degree in their academic progress. Therefore, the training will be done individually during 10 sessions and each session for two hours. That is, for the participant, 10 sessions of two separate hours will be performed for two hours each week. The content of the sessions is as follows: Session 1: Teaching the basics of self-awareness will be taught. In this session, the student is taught how to be here and now. In order to increase his focus and attention. Session 2: Skills in using communication tools, in this session, the quality of using satellite, email, WhatsApp, Instagram, Facebook and other mass communication tools, its advantages and disadvantages are taught to determine the disadvantages of using them. Session 3: Teaching social rules and interpersonal roles. At this stage, the adolescent will learn the do's and don'ts of the relationship and the boundaries of communication with others and age groups. Session 4: Interacting with others, what is interaction? The difference between a win-win interaction and a relationship with other harmful relationships, teamwork and its advantages over individual work. Training will intensify. Session 5: Teaching the principles of friendship, the difference between attachment and dependence and affection versus affection, friends versus pseudo-friend, etc. will be taught. Session 6: Conversational training, and the principles and rules of successful conversation are the goals of this session. Session 7: Agreement and cooperation with others, in this session, how to cooperate and the limits of cooperation against interpersonal abuse and underemployment and communication with people who are unable to cooperate will all be taught. Session 8: Teaching courage and self-preservation Adolescents are in a critical situation and need to learn how to take care of themselves. Session 9: Managing Anxiety and Depression Teenagers are taught how to deal with failures, negative emotions, fears and griefs caused by failure. And the tenth session: adaptation training with change. This section teaches teens how change is ongoing and how to correct and replace it with things like unsuccessful attempts to control and resist change.

#### **Category**

Lifestyle

## **Recruitment centers**

### 1

#### **Recruitment center**

##### **Name of recruitment center**

Mandegaralborz High School

##### **Full name of responsible person**

Seyed Mojtaba Gharib Hoseini

##### **Street address**

Northwest of College Crossroads, Alborz Alley

##### **City**

Tehran

##### **Province**

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## **Sponsors / Funding sources**

### 1

#### **Sponsor**

##### **Name of organization / entity**

Refah University College

##### **Full name of responsible person**

Dr. GhazalZandkarimi

##### **Street address**

Baharestan Street, the beginning of People Street

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zandkarimi@refah.ac.ir

#### **Grant name**

#### **Grant code / Reference number**

#### **Is the source of funding the same sponsor organization/entity?**

Yes

#### **Title of funding source**

Refah University College

#### **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**

Refah University College

##### **Full name of responsible person**

Ghazal Zandkarimi

##### **Position**

Group of Psychology, Professor Assistant

##### **Latest degree**

Ph.D.

##### **Other areas of specialty/work**

Psychology

##### **Street address**

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## Person responsible for scientific inquiries

### Contact

**Name of organization / entity**  
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**Full name of responsible person**  
Roshanak Khodabakhsh Pirkalani  
**Position**  
Group of psychology, Associate Professor  
**Latest degree**  
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**Other areas of specialty/work**  
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## Person responsible for updating data

### Contact

**Name of organization / entity**  
Refah University College  
**Full name of responsible person**  
Masoomah Gharedaghi  
**Position**  
MA of Family Counseling  
**Latest degree**  
Master  
**Other areas of specialty/work**  
Family Counseling  
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m.gharedaghi1400@gmail.com

## Sharing plan

### Deidentified Individual Participant Data Set (IPD)

Yes - There is a plan to make this available

### Study Protocol

Yes - There is a plan to make this available

### Statistical Analysis Plan

Yes - There is a plan to make this available

### Informed Consent Form

Yes - There is a plan to make this available

### Clinical Study Report

Yes - There is a plan to make this available

### Analytic Code

Not applicable

### Data Dictionary

Yes - There is a plan to make this available

### Title and more details about the data/document

At the end of the study, the data will be statistically analyzed with the help of statistical analysis of improvement percentage, visual analysis graphs and Cohen's effect size formulas and overlapping data and the article will be published in full.

### When the data will become available and for how long

Up to two years after the end of the study

### To whom data/document is available

It will be available to researchers working in academic and scientific institutions

### Under which criteria data/document could be used

If clinicians, school counselors and family counselors need unidentifiable data, the data will be made available to them.

### From where data/document is obtainable

Mrs. Masoomah Gharedaghi

### What processes are involved for a request to access data/document

The applicant must send an email to the email address: m.gharedaghi1400@gmail.com and request the data. Once the applicant's identity has been verified with academics, clinicians or consultants, the data will be made available to non-disclosures with a commitment.

### Comments