

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

10 Jun 2026

### The effect of educational intervention based on social media on mental health literacy of High school students

#### Protocol summary

##### Study aim

Evaluating the effectiveness of educational intervention based on social media on mental health literacy in secondary school students of Ramhormoz city

##### Design

A randomized controlled trial study without blinding, the study population of which will be secondary school students. Random stratified sampling method is used. First, an education district is randomly selected from all the education districts, and then, taking into account assimilation, half of the schools are randomly selected for the intervention group (4 schools) and the other half for the control group (4 schools). In the final stage, the number of 102 male students for each of the intervention and control groups will be randomly selected according to the population of each school.

##### Settings and conduct

Second secondary schools and virtually based on social media

##### Participants/Inclusion and exclusion criteria

They must be male students of the second secondary level, have access to a smartphone and have the necessary desire to cooperate in this research. Unwillingness to continue cooperation in research and immigration will be considered as exit criteria.

##### Intervention groups

Educational content called The Guide has been prepared to help increase students' mental health literacy and is targeted for use in the first and second secondary levels. Mental health literacy has four main components: 1) understanding how to optimize and maintain mental health 2) understanding mental disorders and their treatment 3) reducing stigma 4) increasing the effectiveness of seeking help (knowing when and where to seek help and having the necessary skills to promoting self-care and how to receive good care). Routine care is done for the control group.

##### Main outcome variables

1. Mental Health Literacy Scale (MHLS) 2. Scale of

attitude towards seeking professional psychological help

#### General information

##### Reason for update

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT20230603058372N1**

Registration date: **2023-06-05, 1402/03/15**

Registration timing: **prospective**

Last update: **2023-06-05, 1402/03/15**

Update count: **0**

##### Registration date

2023-06-05, 1402/03/15

##### Registrant information

##### Name

Abouzar Nazari

##### Name of organization / entity

##### Country

Iran (Islamic Republic of)

##### Phone

+98 21 8670 5503

##### Email address

abozarnazari368@gmail.com

##### Recruitment status

**Recruitment complete**

##### Funding source

##### Expected recruitment start date

2023-06-10, 1402/03/20

##### Expected recruitment end date

2023-08-11, 1402/05/20

##### Actual recruitment start date

empty

##### Actual recruitment end date

empty

##### Trial completion date

empty

### Scientific title

The effect of educational intervention based on social media on mental health literacy of High school students

### Public title

The effect of educational intervention on mental health literacy

### Purpose

Education/Guidance

### Inclusion/Exclusion criteria

#### Inclusion criteria:

A male student of the second secondary level  
Smartphone access  
Willingness to cooperate in research

#### Exclusion criteria:

Have a diagnosed mental disorder or be undergoing mental health treatment  
do not have parental consent to participate in the study  
Have previously participated in a similar educational intervention

### Age

From **12 years** old to **19 years** old

### Gender

Male

### Phase

N/A

### Groups that have been masked

*No information*

### Sample size

Target sample size: **204**

### Randomization (investigator's opinion)

Randomized

### Randomization description

A randomized controlled trial study without blinding, the study population of which will be secondary school students. Random stratified sampling method is used. First, an education district is randomly selected from all the education districts, and then, taking into account assimilation, half of the schools are randomly selected for the intervention group (4 schools) and the other half for the control group (4 schools). . We will use a sequence of random numbers generated by (random.org) to assign each school a number from 1 to 2. Then we sorted the list of schools according to the assigned number and divided them into two groups: schools with number 1 were placed in the intervention group and schools with number 2 were placed in the control group. This ensured that each school had an equal chance of being placed in both groups.

### Blinding (investigator's opinion)

Not blinded

### Blinding description

#### Placebo

Not used

#### Assignment

Parallel

### Other design features

Considering that our research group does not do any intervention for the control group and our focus will be on the intervention group, the "other items" option seems more suitable than other allocation options.

## Secondary Ids

empty

## Ethics committees

### 1

#### Ethics committee

##### Name of ethics committee

Faculty of Health and Paramedicine - Tehran  
University of Medical Sciences (Research Ethics  
Committe

##### Street address

Saadat dead end, 16 Azar St., Keshavarz Blvd.,

##### City

Tehran

##### Province

Tehran

##### Postal code

1417653761

#### Approval date

2023-05-27, 1402/03/06

#### Ethics committee reference number

IR.TUMS.SPH.REC.1402.075

## Health conditions studied

### 1

#### Description of health condition studied

Mental health literacy and attitude towards help seeking

#### ICD-10 code

#### ICD-10 code description

depress

## Primary outcomes

### 1

#### Description

Mental health literacy

#### Timepoint

Before, 3 and 6 months after the intervention

#### Method of measurement

Mental health literacy questionnaire

## Secondary outcomes

### 1

#### Description

Attitude towards professional psychological help

#### Timepoint

Before, 3 and 6 months after the intervention

#### Method of measurement

Questionnaire of attitude towards professional psychological help - short form

## Intervention groups

### 1

#### Description

"Intervention group": Our intended intervention will be a researcher-made intervention based on social media, which will be designed based on the core components of The Guide educational package. Educational content called The Guide has been prepared to help increase students' mental health literacy and is targeted for use in the first and second secondary levels. Mental health literacy has four main components: 1) understanding how to optimize and maintain mental health 2) understanding mental disorders and their treatment 3) reducing stigma 4) increasing the effectiveness of seeking help (knowing when and where to seek help and having the necessary skills to promoting self-care and how to receive good care). This package will help prepare students for success in each of these areas. We will validate the educational content developed by the researcher based on The Guide educational package using an elite panel including experts in the field of psychology and health education and health promotion. Then educational materials will be sent to the study population through available social media (Rubika and Eita) and we will deepen the presented materials through questions and answers, educational videos and stories.

#### Category

Prevention

### 2

#### Description

"Control group": will receive routine care.

#### Category

Prevention

## Recruitment centers

### 1

#### Recruitment center

##### Name of recruitment center

Ramhormoz schools

##### Full name of responsible person

Gholamreza Garmaroudi

##### Street address

Department of Health Education and Promotion,  
Faculty of Health, Porsina St.

##### City

Tehran

##### Province

Tehran

##### Postal code

1417653761

##### Phone

+98 21 8670 5503

##### Email

garmaroudi@tums.ac.ir

## Sponsors / Funding sources

### 1

#### Sponsor

##### Name of organization / entity

Tehran University of Medical Sciences

##### Full name of responsible person

Akbar Fatuhi

##### Street address

6th floor of Research and Technology Vice-Chancellor,  
Central Organization of the University, corner of Quds  
St., Keshavarz Blvd.

##### City

Tehran

##### Province

Tehran

##### Postal code

1417653761

##### Phone

+98 21 8163 3698

##### Email

vcr@sina.tums.ac.ir

#### Grant name

#### Grant code / Reference number

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

Yes

#### Title of funding source

Tehran 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

Tehran University of Medical Sciences

##### Full name of responsible person

Abouzar Nazari

##### Position

student

##### Latest degree

Master

##### Other areas of specialty/work

Health Promotion

##### Street address

Saadat dead end, 16 Azar St., Keshavarz Blvd.

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##### Province

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##### Postal code

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**Email**

abozarnazari368@gmail.com

## Person responsible for scientific inquiries

**Contact**

**Name of organization / entity**

Tehran University of Medical Sciences

**Full name of responsible person**

Gholamreza Garmaroudi

**Position**

Professor

**Latest degree**

Ph.D.

**Other areas of specialty/work**

Health Promotion

**Street address**

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## Person responsible for updating data

**Contact**

**Name of organization / entity**

Tehran University of Medical Sciences

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Abouzar Nazari

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student

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abozarnazari368@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**

No - There is not a plan to make this available

**Informed Consent Form**

No - There is not a plan to make this available

**Clinical Study Report**

Yes - There is 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

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

raw data/Publication is permitted by removing all personally identifiable information.

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

The access period starts 1 month after the results are published

**To whom data/document is available**

Free access

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

There are no special conditions

**From where data/document is obtainable**

Abouzar Nazari abozarnazari368@gmail.com  
09167255838

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

Immediately after the call

**Comments**