Clinical Trial Protocol
Iranian Registry of Clinical Trials

22 Nov 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
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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.

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Tehran

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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.

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+98 21 8163 3698

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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

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Person responsible for scientific inquiries

Contact

Name of organization / entity

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Full name of responsible person

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Position

Professor

Latest degree

Ph.D.

Other areas of specialty/work

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Person responsible for updating data

Contact

Name of organization / entity

Tehran University of Medical Sciences

Full name of responsible person

Abouzar Nazari

Position

student

Latest degree

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Other areas of specialty/work

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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

Ab¿uzar Nazari abozarnazari368@gmail.com 09167255838

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

Immediately after the call

Comments