Clinical Trial Protocol
Iranian Registry of Clinical Trials

22 Nov 2026

The effectiveness of cognitive rehabilitation training on academic self-efficacy of students with learning disabilities

Protocol summary

Study aim
Determining the effectiveness of cognitive rehabilitation training on academic self-efficacy of students with learning disabilities

Design
A controlled clinical trial with parallel, Open label, randomized groups on 50 students in Ahvaz. The rand function of Excel software was used for randomization.

Settings and conduct
This study is a quasi-experimental study with a pre-test-post-test design with a control group. They are divided into two groups (intervention and control). The intervention group undergoes 8 to 12 sessions of cognitive rehabilitation training, and the control group does not receive any intervention during this period. After completing the sessions, both groups participate in the post-test again to assess changes in academic self-efficacy. The study was conducted in selected elementary schools in Ahvaz that cover students with learning disabilities (in coordination with the Ministry of Education and Learning Disorders Centers). It is not blinded.

Participants/Inclusion and exclusion criteria
Inclusion criteria: Students in grades 4 to 6 of elementary school, no specific diseases, written consent from parents and students to participate in the research, low score on the academic self-efficacy scale. Exclusion criteria: Presence of chronic physical or neurological diseases, simultaneous participation in other similar interventional studies, intellectual disabilities.

Intervention groups
Intervention group: This group includes students who receive the Cognitive Rehabilitation Training program. Control group: This group does not receive any specific cognitive intervention during the study period and only participates in pre-test and post-test assessments.

Main outcome variables
Students' academic self-efficacy

General information

Reason for update

Acronym

IRCT registration information
IRCT registration number: **IRCT20250703066351N1**
Registration date: **2025-08-21, 1404/05/30**
Registration timing: **prospective**

Last update: **2025-08-21, 1404/05/30**
Update count: **0**

Registration date
2025-08-21, 1404/05/30

Registrant information

Name
Maryam. Beithardan

Name of organization / entity

Country
Iran (Islamic Republic of)

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Recruitment status
Recruitment complete

Funding source

Expected recruitment start date
2025-09-10, 1404/06/19

Expected recruitment end date
2026-03-10, 1404/12/19

Actual recruitment start date
empty

Actual recruitment end date
empty

Trial completion date
empty

Scientific title

The effectiveness of cognitive rehabilitation training on academic self-efficacy of students with learning disabilities

Public title

The effectiveness of cognitive rehabilitation training on academic self-efficacy of students with learning disabilities

Purpose

Education/Guidance

Inclusion/Exclusion criteria

Inclusion criteria:

Students in grades four to six of elementary school Having a learning disability Low score on the academic self-efficacy scale Written consent from parents and students to participate in the research Willingness to participate in all intervention sessions and research assessments

Exclusion criteria:

Concomitant receipt of other similar psychological interventions (e.g., CBT, other cognitive rehabilitation) within the past 6 months. The presence of severe comorbid psychiatric disorders (such as severe ADHD, severe depression, or anxiety) that require immediate specialist intervention. Having a chronic physical or neurological condition (such as active epilepsy, uncorrected vision or hearing problems) that prevents participation in training sessions Simultaneous participation in other similar interventional studies

Age

From **6 years** old to **20 years** old

Gender

Both

Phase

N/A

Groups that have been masked

- Outcome assessor
- Data analyser
- Data and Safety Monitoring Board

Sample size

Target sample size: **50**

Randomization (investigator's opinion)

Randomized

Randomization description

Participants are randomly assigned to two groups (intervention and control) using the RAND function in Excel software or a random number table.

Blinding (investigator's opinion)

Single blinded

Blinding description

In this study, participating students with learning disabilities will be unaware of whether they are receiving cognitive rehabilitation training. This blinding ensures that students' expectations do not influence their assessment of academic self-efficacy and that the results will be more accurate.

Placebo

Not used

Assignment

Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethics Committee of Islamic Azad University, Ahvaz Branch

Street address

Islamic Azad University Ahvaz Branch، Farhangshahr، Golestan Highway

City

Ahvaz

Province

Khouzestan

Postal code

3733361349

Approval date

2025-04-04, 1404/01/15

Ethics committee reference number

IR.IAU.AHVAZ.REC.1404.009

Health conditions studied

1

Description of health condition studied

Specific Learning Disorder - SLD

ICD-10 code

F81

ICD-10 code description

Specific developmental disorders of scholastic skills

Primary outcomes

1

Description

Academic Self-Efficacy

Timepoint

Before the start of the intervention (first session) and immediately after the end of the intervention period (last session)

Method of measurement

The Morgan & Jinks Academic Self-Efficacy Scale or a validated, localized equivalent scale.

Secondary outcomes

1

Description

Learning disorder

Timepoint

At the beginning of the study (before the intervention began) and two months later (when the intervention ended)

Method of measurement

Academic Self-Efficacy Scale

Intervention groups

1

Description

Intervention title: Cognitive rehabilitation training, Intervention goal: Increasing the academic self-efficacy of students with specific learning disabilities by strengthening basic cognitive functions (attention, working memory, planning, organization, and problem solving). Intervention specifications: Number of sessions: 10 sessions Duration of each session: 45 to 60 minutes Frequency of sessions: 2 sessions per week (total of 5 weeks) Venue: School counseling room or Ahvaz Learning Rehabilitation Center Implementation method: Group (4 to 6 people) or individual depending on the conditions.

Category

N/A

2

Description

Control group: Students in this group do not receive any cognitive rehabilitation intervention during the study period and only participate in pre-test and post-test assessments. After the end of the intervention period and post-test, in order to comply with ethical considerations, this group can also be given the opportunity to participate in cognitive rehabilitation training sessions. Purpose of the control group: To compare changes in academic self-efficacy in students who did not receive the intervention, in order to examine the actual effectiveness of the cognitive rehabilitation program.

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center
Islamic Azad University, Ahvaz Unit

Full name of responsible person
Parvin Ehtesham

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Sponsors / Funding sources

1

Sponsor

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
Islamic Azad University

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
Islamic Azad University

Full name of responsible person
Parvin Ehteshamzadeh

Position
Associate professor

Latest degree
Ph.D.

Other areas of specialty/work
Psychology

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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
Not applicable

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

Clinical Study Report
Not applicable

Analytic Code
Not applicable

Data Dictionary
Not applicable