

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

15 Jun 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)

##### Phone

+98 61 3334 0292

##### Email address

maryam.beithardan9094@gmail.com

##### 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

## 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

##### Street address

Islamic Azad University Ahvaz Branch, Farhangshahr,  
Golestan Highway

##### City

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##### Province

Khuzestan

##### Postal code

info@iauahvaz.ac.ir

##### Phone

+98 61 3334 8420

##### Email

info@iauahvaz.ac.ir

## Sponsors / Funding sources

### 1

#### Sponsor

##### Name of organization / entity

Islamic Azad University

##### Full name of responsible person

Pejman Taghipour Birgani

##### Street address

Islamic Azad University Ahvaz Branch, Farhangshahr,  
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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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## Person responsible for scientific inquiries

**Contact**

**Name of organization / entity**

Islamic Azad University

**Full name of responsible person**

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**Position**

Associate professor

**Latest degree**

Ph.D.

**Other areas of specialty/work**

Psychology

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## Person responsible for updating data

**Contact**

**Name of organization / entity**

Islamic Azad University

**Full name of responsible person**

Maryam. Beithardan

**Position**

Student

**Latest degree**

Bachelor

**Other areas of specialty/work**

Psychology

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**Fax**

**Email**

maryam.beithardan9094@gmail.com

## 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