Clinical Trial Protocol
Iranian Registry of Clinical Trials

22 Nov 2026

Problem-solving training on resilience and reducing risky behaviors in students

Protocol summary

Study aim
Investigating the effect of problem-solving training on resilience and reducing risky behaviors in junior high school students in Rask city

Design
The statistical population of this study includes all female students in junior high school (grades 7, 8, and 9) of public and private schools in Rask County in the academic year 1404-1405. Using cluster random sampling, 30 female adolescents are selected in two groups of 15 (experimental and control). The sampling in this study is of cluster random type. First, from among all female schools in junior high school (grades 7, 8, and 9) in Rask County, 3 schools are randomly selected. Then, from each school, one or two classes from grades 7 to 9 are randomly selected as the final clusters. From among the students in these classes, 30 people who meet the entry criteria are purposefully selected and randomly divided into two experimental and control groups (15 people each).

Settings and conduct
After final approval of the proposal and obtaining the necessary permits from the Zahak County Education Department, the researcher will visit the selected schools.

Participants/Inclusion and exclusion criteria
The inclusion criteria for the study included female high school students (ages 12-15) in schools in the city of Rask, no history of severe mental disorders (based on parent or school counselor report), and written consent from the parents and the student.

Intervention groups
First, from among all the girls' junior high schools (grades 7, 8, and 9) in Rask County, 3 schools are randomly selected. Then, from each school, one or two classes from grades 7 to 9 are randomly selected as the final clusters. From among the students in these classes, 30 who meet the inclusion criteria are purposively selected and randomly divided into two experimental and control groups (15 students each).

Main outcome variables
Education, cognitive problem solving

General information

Reason for update

Acronym

IRCT registration information
IRCT registration number: **IRCT20260714070189N1**
Registration date: **2026-07-30, 1405/05/08**
Registration timing: **retrospective**

Last update: **2026-07-30, 1405/05/08**
Update count: **0**

Registration date
2026-07-30, 1405/05/08

Registrant information

Name
Zahra Atashbahar

Name of organization / entity

Country
Iran (Islamic Republic of)

Phone
+98 54 3322 1592

Email address
mehdihosseinzehi1@gmail.com

Recruitment status
Recruitment complete

Funding source

Expected recruitment start date
2026-07-16, 1405/04/25

Expected recruitment end date
2026-07-27, 1405/05/05

Actual recruitment start date
empty

Actual recruitment end date

empty

Trial completion date
empty

Scientific title
Problem-solving training on resilience and reducing risky behaviors in students

Public title
Investigating the effect of problem-solving training on resilience and reducing risky behaviors in junior high school students in Rask city in 2026.

Purpose
Education/Guidance

Inclusion/Exclusion criteria
Inclusion criteria:
All first-year high school students in Rask County
Exclusion criteria:
Not being a student and not having studied in junior secondary school

Age
From **13 years** old to **15 years** old

Gender
Both

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **30**

Randomization (investigator's opinion)
Randomized

Randomization description
First, from among all the girls' junior high schools (grades 7, 8, and 9) in Rask County, 3 schools are randomly selected. Then, from each school, one or two classes from grades 7 to 9 are randomly selected as the final clusters. From among the students in these classes, 30 who meet the inclusion criteria are purposively selected and randomly divided into two experimental and control groups (15 students each).

Blinding (investigator's opinion)
Not blinded

Blinding description

Placebo
Not used

Assignment
Other

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee
Ethics Committee of the University of Medical Sciences, Islamic Azad University, Zahedan Branch

Street address
University Street, End of University Street, Islamic Azad University, Zahedan Branch

City
zahedan

Province
Sistan-va-Balouchestan

Postal code
9816743545

Approval date
2026-07-14, 1405/04/23

Ethics committee reference number
IR.IAU.ZAH.REC.1405.031

Health conditions studied

1

Description of health condition studied
A study of problem-solving training in female students.

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description
The effect of problem-solving training on students is examined.

Timepoint
The study of the impact of problem-solving training on students will be conducted over a period of 7 days.

Method of measurement
Problem-solving skills training D'Zurilla et al. (1999)

Secondary outcomes

empty

Intervention groups

1

Description
Control group: There are 15 students.

Category
N/A

Recruitment centers

1

Recruitment center

Name of recruitment center
Education in Rask County

Full name of responsible person
Reza Izadi

Street address
No. 2, Fathi Street, Imam Abad, Rask County

City

Rusk

Province
Sistan-va-Balouchestan

Postal code
9815874578

Phone
+98 54 3365 2718

Email
rezaezadi1244@yahoo.com

Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Zahedan University of Medical Sciences

Full name of responsible person
Hassan Hamidi

Street address
End of University Street, Zahedan University of Medical Sciences

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hassa.ha1402@gmail.com

Grant name

Grant code / Reference number

Is the source of funding the same sponsor organization/entity?
No

Title of funding source
Ali Mohammadi

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
Zahra Atashbahar

Position
Student, Clinical Psychology

Latest degree
Bachelor

Other areas of specialty/work
Psychology

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Person responsible for scientific inquiries

Contact

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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
Zahedan University of Medical Sciences

Full name of responsible person
Shirin Shahraki

Position
Research Manager

Latest degree
Ph.D.

Other areas of specialty/work
Health Promotion

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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
Not applicable
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
Not applicable
Title and more details about the data/document
Some data, such as information related to the main outcome or the like, can be shared.
When the data will become available and for how long
"Access period begins 6 months after results are published."
To whom data/document is available
Researchers working in academic and scientific institutions will be available.
Under which criteria data/document could be used
There are no special conditions.
From where data/document is obtainable
They can contact mehdihosseinzehi1@gmail.com.
What processes are involved for a request to access data/document
Within 72 working hours
Comments