

Clinical Trial Protocol

Iranian Registry of Clinical Trials

04 Jun 2026

Investigating the Effect of Education Based on Emotional Self-Regulation on the Level of Risk-Taking Among Teenage Girls Dependent on Social Networks in Takestan City in 1403

Protocol summary

Study aim

The aim of this study is to assess the impact of education focused on emotional self-regulation on the risk-taking behavior among teenage girls dependent on social networks in Takestan city in 1403

Design

The study is designed as a randomized controlled clinical trial using cluster randomization and permuted block randomization with block sizes of two classes. It involves 188 female students divided into two groups: an intervention group and a control group.

Settings and conduct

The study will be conducted in secondary schools within Takestan city. Participants will complete Young's Internet Addiction Questionnaire, after which qualified individuals will be randomly assigned to either the test or control groups using cluster and permuted block randomization methods. Before training, both groups will complete demographic questionnaires and the Iranian Teenagers' Risk-Taking Scale. The intervention group will receive an educational program based on emotional regulation using the Gross model. This will consist of eight group sessions lasting 60 minutes each..

Participants/Inclusion and exclusion criteria

Entry Criteria: • Must be Iranian. • Female students aged 16 to 19. • Dependence on social networks. • Informed consent from both the individual and their parent to participate in the study. • Ability to participate in group intervention. Exclusion Criteria: • Students attending exceptional schools. • History of acute or chronic mental illnesses (as per health records). • Lack of parental and individual consent

Intervention groups

The intervention group will receive an educational program based on emotional regulation using the Gross model. At the end of the study, the control group will be provided with pamphlets summarizing the training

content.

Main outcome variables

Vulnerability of adolescent girls

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20240514061786N1**

Registration date: **2024-08-09, 1403/05/19**

Registration timing: **prospective**

Last update: **2024-08-09, 1403/05/19**

Update count: **0**

Registration date

2024-08-09, 1403/05/19

Registrant information

Name

Neda Rahmani

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 28 3522 6457

Email address

alirahmani1465@gmail.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2024-09-22, 1403/07/01

Expected recruitment end date

2024-12-21, 1403/10/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Investigating the Effect of Education Based on Emotional Self-Regulation on the Level of Risk-Taking Among Teenage Girls Dependent on Social Networks in Takestan City in 1403

Public title

Investigating the Effect of Education Based on Emotional Self-Regulation on the Level of Risk-Taking Among Teenage Girls Dependent on Social Networks in Takestan City in 1403

Purpose

Education/Guidance

Inclusion/Exclusion criteria

Inclusion criteria:

Must be Iranian. Female students aged 16 to 19
Dependence on social networks. Informed consent from both the individual and their parent to participate in the study Ability to participate in group intervention

Exclusion criteria:

Students attending exceptional schools History of acute or chronic mental illnesses (as per health records) Lack of parental and individual consent

Age

From **16 years** old to **19 years** old

Gender

Female

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **188**

Randomization (investigator's opinion)

Randomized

Randomization description

Random allocation at the class level will be performed using cluster randomization (Cluster Randomized Trials). Due to the inclusion criterion of social network dependence, blocks will be formed to balance the sample size between the test and control groups. Classes will be grouped into blocks of two, ensuring that the two classes within each block are approximately the same size. We will use the permuted block randomization method. In this method, each block will be randomized using a permutation of the test and control groups. Representing the test group as "A" and the control group as "B," one of the two permutations, AB or BA, will be randomly assigned to the classes within each block.

Blinding (investigator's opinion)

Not blinded

Blinding description

Placebo

Not used

Assignment

Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethics Committee of Qazvin University of Medical Sciences

Street address

Qazvin, Shahid Bahonar Boulevard, Qazvin University of Medical Sciences

City

Qazvin

Province

Qazvin

Postal code

3419759811

Approval date

2024-08-05, 1403/05/15

Ethics committee reference number

IR.QUMS.REC.1403.181

Health conditions studied

1

Description of health condition studied

Risk-Taking Among Teenage Girls Dependent on Social Networks

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description

Risky behaviors in female adolescents, including:• Tendency toward drug use• Tendency toward alcohol use• Tendency toward smoking• Tendency toward violence• Tendency toward sexual relationships and behaviors• Tendency to engage in relationships with the opposite sex• Tendency to drive dangerously

Timepoint

Before, immediately after and two months later

Method of measurement

Risk scale questionnaire of Iranian adolescents

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: training based on emotional self-

regulation with Gross model(1. Situation selection2. Situation modification3. Attention deployment4. Cognitive change5. Response modulation), 8 sessions of 60 minutes for 2 months. Follow-up immediately and two months after the last meeting, the meetings are held by the researcher.

Category

Behavior

2**Description**

Control group: Lack of training

Category

Behavior

Recruitment centers**1****Recruitment center****Name of recruitment center**

Secondary schools for girls

Full name of responsible person

Neda Rahmani

Street address

Valiasr Street (Aj), secondary girls' schools of the second period of Education Department of Takestan city

City

Takestan

Province

Qazvin

Postal code

3481685315

Phone

+98 28 3522 9513

Email

nedarahmani@gmail.com

Sponsors / Funding sources**1****Sponsor****Name of organization / entity**

Qazvin University of Medical Sciences

Full name of responsible person

Seyyed Mehdi Mir Hashemi

Street address

Qazvin. - Shahid Ba Hanar Boulevard - Qazvin University of Medical Sciences

City

Qazvin

Province

Qazvin

Postal code

3419759811

Phone

+98 28 3323 7267

Email

fm.mirhashemi@qums.ic.ir

Grant name**Grant code / Reference number****Is the source of funding the same sponsor organization/entity?**

Yes

Title of funding source

Qazvin University of Medical Sciences

Proportion provided by this source

1

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**

Qazvin University of Medical Sciences

Full name of responsible person

Neda Rahmani

Position

Masters student

Latest degree

Bachelor

Other areas of specialty/work

Midwifery

Street address

Shahid Bahonar Blvd., Qazvin University of Medical Sciences, Qazvin City

City

Qazvin

Province

Qazvin

Postal code

3419759811

Phone

+98 28 3522 6457

Email

nedarahmani@gmail.com

Person responsible for scientific inquiries**Contact****Name of organization / entity**

Qazvin University of Medical Sciences

Full name of responsible person

Neda Rahmani

Position

دانشجوی کارشناسی ارشد

Latest degree

Bachelor

Other areas of specialty/work

Midwifery

Street address

Shahid Bahonar Blvd., Qazvin University of Medical

Sciences, Qazvin City
City
Qazvin
Province
Qazvin
Postal code
3419759811
Phone
+98 28 3522 6457
Email
nedarahmani@gmail.com

Person responsible for updating data

Contact

Name of organization / entity
Qazvin University of Medical Sciences
Full name of responsible person
Neda Rahmani
Position
Masters student
Latest degree
Bachelor
Other areas of specialty/work
Midwifery
Street address
Shahid Bamonar Blvd., Qazvin University of Medical Sciences, Qazvin City
City
Qazvin
Province
Qazvin
Postal code
3419759811
Phone
+98 28 3522 6457

Fax
Email
nedarahmani@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

Yes - There is a plan to make this available

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

Yes - There is a plan to make this available

Data Dictionary

Yes - There is a plan to make this available

Title and more details about the data/document

Only a portion of the data is shared

When the data will become available and for how long

5 months

To whom data/document is available

researchers

Under which criteria data/document could be used

research design

From where data/document is obtainable

Neda Rahmani, nedarahmani@gmail.com, zip code 3419759811

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

The process of sending an email to nedarahmani@gmail.com

Comments