

# The impact of communication skills training on social empowerment and social adjustment of adolescents with an intellectual disability

<b>Submission date</b> 10/08/2019	<b>Recruitment status</b> No longer recruiting	<input type="checkbox"/> Prospectively registered
		<input type="checkbox"/> Protocol
<b>Registration date</b> 13/08/2019	<b>Overall study status</b> Completed	<input type="checkbox"/> Statistical analysis plan
		<input checked="" type="checkbox"/> Results
<b>Last Edited</b> 22/06/2020	<b>Condition category</b> Mental and Behavioural Disorders	<input type="checkbox"/> Individual participant data

## Plain English summary of protocol

### Background and study aims:

The present study was an attempt to investigate the effect of communication skills training on social empowerment and social adjustment of adolescents with an intellectual disability.

### Who can participate?

The population of the study consisted of all female students aged between 13-15-years who were studying at special schools in the city of Ghaen during 2018.

### What does the study involve?

The experimental group receives 10 group Communication Skill training sessions and the control group receives no education.

### What are the possible benefits and risks of participating?

The benefits of this training are that it enhances communication skills and social empowerment and social adjustment in teens with a learning disability. There is no risk to the participants.

### Where is the study run from?

Psychological Center Tolou (Personal), Khorasan, Ghaenat, Iran

### When is the study starting and how long is it expected to run for?

April 2019 to August 2019

### Who is funding the study?

Investigator-initiated and funded

### Who is the main contact?

Mohammad Tahan  
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## Contact information

**Type(s)**

Scientific

**Contact name**

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## **Additional identifiers**

**EudraCT/CTIS number**

Nil known

**IRAS number****ClinicalTrials.gov number**

Nil known

**Secondary identifying numbers**

N/A

## **Study information**

**Scientific Title**

Communication skills training on social empowerment and social adjustment of adolescents with an intellectual disability

**Acronym**

N/A

**Study objectives**

This study attempts to evaluate the impact of communication skills training on social empowerment and social adjustment of adolescents with an intellectual disability.

**Ethics approval required**

Old ethics approval format

**Ethics approval(s)**

Approved 06/05/2019, Institute Mobtakran Regional Research Ethics Committee (Khorasan, Ghaenat, Iran; +989159616152; info@mobtakeranshargh.ir), ref: IMP6520.

### **Study design**

Control-Group Pretest-Posttest Quasi-Experimental study, randomised controlled trial

### **Primary study design**

Interventional

### **Secondary study design**

Randomised controlled trial

### **Study setting(s)**

School

### **Study type(s)**

Treatment

### **Participant information sheet**

Not available in web format, please use the contact details below to request a participant information sheet

### **Health condition(s) or problem(s) studied**

Mild mental retardation

### **Interventions**

After the selection of samples, subjects' teachers or parents filled the social competence scale (social empowerment) and Vineland's social maturity scale. 24 students in the sample available sample population (census) were selected and randomly divided into two groups: control (n = 12) and experimental (n = 12). The experimental group received 10 sessions of 45 minutes during the first months of training in communication skills were the control group did not receive the intervention. The intervention group did not receive any training though, the subjects filled the same questionnaires after a week.

#### **Session 1**

An introduction to the goals, elaboration of some social communication techniques, statement of goals.

#### **Session 2**

Starting and termination a useful communication, barriers to effective communication, elaboration of the communication model.

#### **Session 3**

Non-verbal language and interpretation of that, physical characteristics and environmental factors in non-verbal communication.

#### **Session 4**

Different types of listening, barriers to listening, mastery of listening skills during a communication.

#### Session 5

Reflection of emotions and concepts, verbal sympathy and presentation of decisive but flexible responses.

#### Session 6

Different types of Self-Assertiveness, their benefits and functions, social communication techniques.

#### Session 7

Having the courage to say "No". the six stages of self- Assertiveness, power enhancement

#### Session 8

Conflict and its different types, personal and group conflict prevention and inhibition.

#### Session 9

Collaborative Problem-solving technique and its applications to problem-solving traps.

#### Session 10

Honesty, sympathy and love, formulation and implementation of a commitment letter for employment of communication skills.

### **Intervention Type**

Behavioural

### **Primary outcome measure**

1. Social empowerment is measured using the social competence scale
2. The ability of individuals to meet their practical needs and assume responsibilities is measured using the Vineland's Social Maturity Scale

### **Secondary outcome measures**

N/A

### **Overall study start date**

12/04/2019

### **Completion date**

08/08/2019

## **Eligibility**

### **Key inclusion criteria**

1. Aged 13-15 years old.
2. Female.
3. Lack of familial damages induced by divorce or the death of parents.
4. Willingness to participate in research.
5. Girls with an intellectual disability (IQ: 50-70).
6. Informed consent of parents.

### **Participant type(s)**

Healthy volunteer

**Age group**

Child

**Lower age limit**

13 Years

**Upper age limit**

15 Years

**Sex**

Female

**Target number of participants**

24

**Total final enrolment**

24

**Key exclusion criteria**

Acute physical or psychological diseases.

**Date of first enrolment**

10/05/2019

**Date of final enrolment**

05/08/2019

**Locations****Countries of recruitment**

Iran

**Study participating centre**

Psychological Center (Personal)

Ghaenat

Iran

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**Sponsor information****Organisation**

Mobtakeran Scientific

**Sponsor details**

Ghaen  
South-Khorasan  
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### **Sponsor type**

Industry

### **Website**

<http://www.mobtakeranshargh.ir>

## **Funder(s)**

### **Funder type**

Industry

### **Funder Name**

Mobtakeran Scientific

## **Results and Publications**

### **Publication and dissemination plan**

Planned publication in a high-impact peer-reviewed journal.

### **Intention to publish date**

10/02/2020

### **Individual participant data (IPD) sharing plan**

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The datasets generated and/or analysed during the current study during this study will be included in the subsequent results publication.

### **IPD sharing plan summary**

Other

### **Study outputs**

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
<a href="#">Results article</a>	results	08/06/2020	22/06/2020	Yes	No