

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

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

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Contact information

Type(s)

Scientific

Contact name

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Additional identifiers**Clinical Trials Information System (CTIS)**

Nil known

ClinicalTrials.gov (NCT)

Nil known

Protocol serial number

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

Study type(s)

Treatment

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(s)

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

Key secondary outcome(s)

N/A

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

Healthy volunteers allowed

No

Age group

Child

Lower age limit

13 years

Upper age limit

15 years

Sex

Female

Total final enrolment

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

Funder(s)**Funder type**

Industry

Funder Name

Mobtakeran Scientific

Results and Publications

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?
Results article	results	08/06/2020	22/06/2020	Yes	No
Participant information sheet	Participant information sheet	11/11/2025	11/11/2025	No	Yes