

Does taking part in outdoor sports education reduce job-seeking anxiety among university students?

Submission date 24/03/2026	Recruitment status No longer recruiting	<input type="checkbox"/> Prospectively registered
Registration date 30/03/2026	Overall study status Completed	<input checked="" type="checkbox"/> Protocol
Last Edited 30/03/2026	Condition category Mental and Behavioural Disorders	<input type="checkbox"/> Statistical analysis plan
		<input type="checkbox"/> Results
		<input type="checkbox"/> Individual participant data
		<input checked="" type="checkbox"/> Record updated in last year

Plain English summary of protocol

Plain English summary of protocol not provided at time of registration

Contact information

Type(s)

Public, Scientific, Principal investigator

Contact name

Mr Hailong Chang

Contact details

No. 156 Jianshe North Road, Tangshan City

Tang Shan

China

063000

+8613220195159

121052@tetc.edu.cn

Additional identifiers

Higher Education Teaching Reform Research and Practice Project

2023GJJG563

Study information

Scientific Title

The effect of a 16-week outdoor sports education program on employment anxiety among university students: a cluster randomized controlled trial

Study objectives

To examine the effect of a 16-week outdoor sports education program on university students' employment anxiety, and to investigate the mediating roles of self-management and fear of failure in this relationship.

Ethics approval required

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Ethics approval(s)

Approved 10/08/2025, Ethics Committee for Human Experimentation at Tangshan Normal University (No. 156 Jianshe North Road, Tangshan City, Tang Shan, 063000, China; +8613613258558; 52690585@qq.com), ref: TSTC2025-8-10

Primary study design

Interventional

Allocation

Randomized controlled trial

Masking

Open (masking not used)

Control

Active

Assignment

Parallel

Purpose

Prevention

Study type(s)

Health condition(s) or problem(s) studied

Employment anxiety in university students

Interventions

A cluster randomized design was employed, with class as the unit of randomization. Eight intact classes were randomly allocated to either the intervention group (four classes) or the control group (four classes). Randomization was performed by an independent researcher using a computer-generated random number sequence (random.org). To ensure allocation concealment, class assignments were placed in sealed, opaque envelopes and opened only after baseline data collection.

Intervention group: 16-week outdoor sports education program (90 min/week) including trust exercises, rock climbing, orienteering, and team-based problem-solving activities.

Control group: 16-week conventional physical education (basketball or aerobics, 90 min/week). Participants completed the Future Employment Anxiety Scale questionnaires at the beginning and at the end of the 16-week program. This is a 20-item self-report questionnaire using a 5-point Likert scale (1 = strongly disagree, 5 = strongly agree). Total scores range from 20 to 100, with higher scores indicating greater employment anxiety. The scale comprises four dimensions:

Personal Ability (5 items), Knowledge Application (5 items), Career Replaceability (5 items), and Social Relations (5 items).

Intervention Type

Behavioural

Primary outcome(s)

1. Employment anxiety measured using the Future Employment Anxiety Scale at baseline and week 16

Key secondary outcome(s)

Completion date

19/12/2025

Eligibility

Key inclusion criteria

1. Undergraduate students enrolled in compulsory physical education courses at Tangshan Normal University
2. Aged 18–22 years
3. Able to participate in physical activities without contraindications
4. Willing to provide written informed consent

Healthy volunteers allowed

No

Age group

Adult

Lower age limit

18 Years

Upper age limit

22 Years

Sex

All

Total final enrolment

310

Key exclusion criteria

1. Physical injuries or medical conditions that preclude safe participation in physical activities
2. Mental health concerns that may interfere with study participation
3. Inability to complete the 16-week intervention
4. Failure to provide written informed consent

Date of first enrolment

13/08/2025

Date of final enrolment

30/08/2025

Locations**Countries of recruitment**

China

Sponsor information**Organisation**

Tangshan Normal University

ROR

<https://ror.org/02jdm8069>

Funder(s)**Funder type****Funder Name**

Department of Education of Hebei Province

Alternative Name(s)

Education Department, Hebei Province, Department of Education, Hebei Province, Hebei Province Department of Education, Hebei Provincial Department of Education, Department of Education of the Hebei Province,

Funding Body Type

Government organisation

Funding Body Subtype

Local government

Location

China

Results and Publications

Individual participant data (IPD) sharing plan

IPD sharing plan summary

Not expected to be made available

Study outputs

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
Participant information sheet	Informed Consent Form in Chinese		26/03/2026	No	Yes
Protocol file			26/03/2026	No	No