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

Submission date	Recruitment status	[ ] Prospectively registered
24/03/2026	No longer recruiting	[X] Protocol
Registration date	**Overall study status**	[ ] Statistical analysis plan
30/03/2026	Completed	[ ] Results
Last Edited	**Condition category**	[ ] Individual participant data
30/03/2026	Mental and Behavioural Disorders	[X] 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

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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
Ethics approval required

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