ISRCTN51125209 https://doi.org/10.1186/ISRCTN51125209

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

Registration date
13/08/2019

Overall study status
Completed

Last Edited
22/06/2020

Condition category
Mental and Behavioural Disorders

[_] Prospectively registered
[_] Protocol
[_] Statistical analysis plan
[X] Results
[_] 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

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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.

Primary study design
Interventional

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

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
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

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