

# Breaking the silence through bibliotherapy: reducing public speaking anxiety among earthquake-affected secondary school students

<b>Submission date</b> 25/06/2026	<b>Recruitment status</b> No longer recruiting	<input type="checkbox"/> Prospectively registered
<b>Registration date</b> 10/07/2026	<b>Overall study status</b> Completed	<input type="checkbox"/> Protocol
<b>Last Edited</b> 10/07/2026	<b>Condition category</b> 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**  
Not provided at time of registration

## Contact information

### Type(s)

Public, Scientific, Principal investigator

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## Additional identifiers

## Study information

### Scientific Title

Breaking the silence through bibliotherapy: a randomized controlled trial to reduce public speaking anxiety among earthquake-affected secondary school students

**Acronym**

BST

**Study objectives**

The primary objective of this study is to evaluate the effectiveness of a structured bibliotherapy intervention in reducing public speaking anxiety among earthquake-affected secondary school students.

**Ethics approval required**

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**Ethics approval(s)**

Approved 07/10/2025, Social and Human Sciences Research Ethics Committee (Adiyaman University, Adiyaman, 63000, Türkiye; +90 (416) 223 38 00 (ext 1025); sbek@adiyaman.edu.tr), ref: 07/10/2025-212

**Primary study design**

Interventional

**Allocation**

Randomized controlled trial

**Masking**

Open (masking not used)

**Control**

Active

**Assignment**

Parallel

**Purpose**

Treatment

**Study type(s)****Health condition(s) or problem(s) studied**

Public speaking anxiety experienced by earthquake-affected secondary school students following the 2023 Türkiye earthquakes

**Interventions**

Participants were randomly assigned to either the intervention group or the control group.

The intervention group participated in a 12-week structured bibliotherapy programme integrated into Turkish language lessons. The programme consisted of one session per week and was based on carefully selected children's literature addressing themes such as emotions, resilience, communication, courage, and self-expression. Each session included guided reading, group discussion, reflective activities, structured speaking exercises, and bibliotherapeutic

activities designed to help students recognize and regulate emotions, strengthen psychological flexibility, and reduce public speaking anxiety. The programme was developed according to the principles of Acceptance and Commitment Therapy (ACT).

The control group continued to receive the standard Turkish language curriculum implemented by the Turkish Ministry of National Education without any bibliotherapy intervention.

Participants completed outcome measures before the intervention (pre-test) and immediately after the 12-week intervention (post-test). Randomization was performed at the participant level within each participating school.

### **Intervention Type**

Behavioural

### **Primary outcome(s)**

1. Public speaking anxiety measured using Public Speaking Anxiety Scale at Baseline (pre-intervention) and immediately after completion of the 12-week bibliotherapy intervention (post-intervention).

### **Key secondary outcome(s)**

### **Completion date**

16/01/2026

## **Eligibility**

### **Key inclusion criteria**

1. Secondary school students (Grades 5–8) enrolled in public schools in the earthquake-affected region of Adıyaman, Türkiye
2. Students directly affected by the 2023 Türkiye earthquakes
3. Ability to understand and participate in Turkish language instruction
4. Provision of written informed consent by parents or legal guardians and assent from the students
5. Willingness to participate throughout the 12-week study period

### **Healthy volunteers allowed**

Yes

### **Age group**

Child

### **Lower age limit**

12 Years

### **Upper age limit**

15 Years

### **Sex**

All

## **Total final enrolment**

119

## **Key exclusion criteria**

1. Did not provide informed consent/assent
2. Were absent during the intervention or assessment sessions
3. Failed to complete the pre-test or post-test assessments
4. Withdrew from the study before completion

## **Date of first enrolment**

08/10/2025

## **Date of final enrolment**

13/10/2025

## **Locations**

### **Countries of recruitment**

Türkiye

## **Sponsor information**

### **Organisation**

Adiyaman University

## **Funder(s)**

### **Funder type**

### **Funder Name**

Ministry of Youth and Sports of the Republic of Türkiye

## **Results and Publications**

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

### **IPD sharing plan summary**

Not expected to be made available