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

Submission date 25/06/2026	**Recruitment status** No longer recruiting	[_] Prospectively registered [_] Protocol [_] Statistical analysis plan [_] Results [_] Individual participant data [X] Record updated in last year
Registration date 10/07/2026	**Overall study status** Completed	
Last Edited 10/07/2026	**Condition category** Mental and Behavioural Disorders	

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
Ethics approval required

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