

Clinical Trial Protocol

Iranian Registry of Clinical Trials

21 Jul 2026

The Effectiveness of Group Emotion Regulation Training Based on Process Model of Gross on behavioral Inhibition of BPD Adolescent Girls in Comparison to ADHD Adolescent girls

Protocol summary

Summary

Objectives: The purpose of this study was to compare the effectiveness of group emotion regulation group training based on process model of Gross on inhibition functioning of Borderline personality disorder and Attention-deficit/hyperactivity disorder Adolescent Girls. **Method:** In a pre-posttest experimental design with control group, 40 girl students with age ranged 15-17 years old were selected by multistage sampling, SNAP-IV scale and Borderline personality inventory (BPI) and then were assigned in 4 groups involving screening interview and diagnosing interview by a clinical psychologist and specialized psychiatrist. Experimental groups attended in 12 sessions of group emotion regulation training and control groups were assigned in the waiting list. Data were collected by Go/No Go test and after the 12 sessions group emotion regulation training. The findings were analyzed using ANCOVA test.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2014021214136N3**
Registration date: **2014-03-03, 1392/12/12**
Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2014-03-03, 1392/12/12

Registrant information

Name

Ali Mashhadi

Name of organization / entity

Ferdowsi University of Mashhad

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Iran (Islamic Republic of)

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+98 51 1880 5873

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mashhadi@mums.ac.ir

Recruitment status

Recruitment complete

Funding source

Ferdowsi university of Mashhad

Expected recruitment start date

2012-11-05, 1391/08/15

Expected recruitment end date

2013-02-10, 1391/11/22

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The Effectiveness of Group Emotion Regulation Training Based on Process Model of Gross on behavioral Inhibition of BPD Adolescent Girls in Comparison to ADHD Adolescent girls

Public title

The Effectiveness of Group Emotion Regulation Training Based on Process Model of Gross on behavioral Inhibition of BPD Adolescent Girls in Comparison to ADHD Adolescent girls

Purpose

Treatment

Inclusion/Exclusion criteria

The selection criteria four each groups were diagnostic criteria for BPD or ADHD in DSM-IV-TR and exposure to age range of 15-17years old. In addition, diagnosis of

BPD or ADHD should be the main diagnosis of subjects and should not be caused by another disorder. Exclusion criteria for BPD were Schizophrenia; Major depressive disorder; Schizotypal personality disorder and Paranoid personality disorder and for ADHD were Generalized anxiety disorder; Learning disorder; Conduct disorder and Gender identity disorder.

Age

From **15 years** old to **17 years** old

Gender

Female

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **40**

Randomization (investigator's opinion)

Randomized

Randomization description**Blinding (investigator's opinion)**

Not blinded

Blinding description**Placebo**

Not used

Assignment

Parallel

Other design features**Secondary Ids**

empty

Ethics committees**1****Ethics committee****Name of ethics committee**

Ferdowsi University of Mashhad

Street address

Campus Ferdowsi university of Mashhad- Mashhad

City

Mashhad

Postal code

9177948974

Approval date

2012-10-09, 1391/07/18

Ethics committee reference number

532

Health conditions studied**1****Description of health condition studied**

Borderline personality disorder- Attention- deficit/ hyperactivity disorder

ICD-10 code

F90 - F60

ICD-10 code description

Attention-deficit hyperactivity disorders-Emotionally unstable personality disorder

Primary outcomes**1****Description**

Behavioral inhibition

Timepoint

Before and after intervention

Method of measurement

Reaction time in Go/No Go test

Secondary outcomes

empty

Intervention groups**1****Description**

Control group with BPD: they were placed in the waiting list.

Category

N/A

2**Description**

Experimenttal group with ADHD:Group emotion regulation training based on process model of Gross in 12 sessions were held once a week for an hour and a half.This model refers to a process that prevents setup from the beginning or are prevented after the launch of their emotions.the fundamental claim of this model is that emotion regulation strategies are different in this case, when they exert their primery effects on the process of emotion generating.The strategies are handled before activating emotional responses , are called antecedent-focused and those which are used after flow of emotion and response generation are response-focused. Situation selection, situation modification, attentional deployment and cognitive change are antecedent-focused strategies and response modulation is response-focused strategy.

Category

Behavior

3**Description**

Experimenttal group with BPD:Group emotion regulation training based on process model of Gross in 12 sessions were held once a week for an hour and a half.This model refers to a process that prevents setup from the beginning or are prevented after the launch of their emotions.the fundamental claim of this model is that emotion regulation strategies are different in this case, when they exert their primery effects on the process of emotion generating.The strategies are handled before

activating emotional responses , are called antecedent-focused and those which are used after flow of emotion and response generation are response-focused. Situation selection, situation modification, attentional deployment and cognitive change are antecedent-focused strategies and response modulation is response-focused strategy.

Category

Behavior

4

Description

Control group with ADHD: they were placed in the waiting list.

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center

Department of Education, city of Neyshabur

Full name of responsible person

Ali Mashhadi PHD

Street address

Department of psychology- Ferdowsi university of Mashhad- Mashhad

City

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Ferdowsi University of Mashhad

Full name of responsible person

Bakhtiar Shabani Varaki

Street address

Vice president for research and technology- Ferdowsi University of Mashhad-Mashhad

City

Mashhad

Grant name

Grant code / Reference number

Is the source of funding the same sponsor organization/entity?

Yes

Title of funding source

Ferdowsi University of Mashhad

Proportion provided by this source

100

Public or private sector

empty

Domestic or foreign origin

empty

Category of foreign source of funding

empty

Country of origin

Type of organization providing the funding

empty

Person responsible for general inquiries

Contact

Name of organization / entity

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Full name of responsible person

Ali Mashhadi

Position

PhD in psychology

Other areas of specialty/work

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Web page address**Sharing plan****Deidentified Individual Participant Data Set (IPD)**

empty

Study Protocol

empty

Statistical Analysis Plan

empty

Informed Consent Form

empty

Clinical Study Report

empty

Analytic Code

empty

Data Dictionary

empty