

Clinical Trial Protocol

Iranian Registry of Clinical Trials

17 Sep 2026

Clinical trial to evaluate the effect of training emotion regulation techniques on alexithymia and addiction potential in the soldiers.

Protocol summary

Summary

Present study has investigated the impact of emotion regulation techniques on alexithymia and addiction potential on soldiers. Design: this is a controlled clinical trial with pretest and post- test stages and one-month follow-up. Methods: By referring to the barracks and distributing the Addiction Potential questionnaires and Alexithymia among 500 soldiers using the in access method', 66 individuals were specified with higher scores and randomly placed into two groups of control and experimental(experimental groups (n = 33) and control (n = 33)). Major Inclusion and Exclusion criteria:Inclusion criteria: male; Earn a high score in the addiction Potential scale (score above 21) and alexithymia (higher the total score of 60); agreement to participate in research according to informed consent. Exclusion criteria: psychotic symptoms; A history of drug abuse or drug dependence in current or past; Existence of suicidal thoughts and depression; At the same time receive psychiatric treatment or psychotherapy. Intervention: the experimental group receive eight session training emotion regulation Techniques But The Control groups received no intervention. The main variables: addiction potential; alexithymia.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2016062528588N1**
Registration date: **2016-08-22, 1395/06/01**
Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2016-08-22, 1395/06/01

Registrant information

Name

Mojtaba Rezaei

Name of organization / entity

Baqiatallah University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 71 5374 1461

Email address

rezaeimojtaba75@gmail.com

Recruitment status

Recruitment complete

Funding source

Vice chancellor for research of Baqiatallah University of Medical Sciences

Expected recruitment start date

2016-04-24, 1395/02/05

Expected recruitment end date

2016-07-10, 1395/04/20

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Clinical trial to evaluate the effect of training emotion regulation techniques on alexithymia and addiction potential in the soldiers.

Public title

prevention of drug addiction

Purpose

Prevention

Inclusion/Exclusion criteria

Inclusion criteria: male; Earn a high score in the Addiction Potential Scale (score above 21) and Alexithymia Scale (higher the total score of 60);

agreement to participate in research according to informed consent. Exclusion criteria: psychotic symptoms; A history of drug abuse or drug dependence in current or past; Existence of suicidal thoughts and depression; At the same time receive psychiatric treatment or psychotherapy.

Age

From **18 years** old to **31 years** old

Gender

Male

Phase

2

Groups that have been masked

No information

Sample size

Target sample size: **66**

Randomization (investigator's opinion)

Randomized

Randomization description

Blinding (investigator's opinion)

Not blinded

Blinding description

Placebo

Not used

Assignment

Parallel

Other design features

Sixty six eligible soldiers will be recruited by using the Simple sampling method and allocated to either the control or the experimental groups by drawing.

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethics committee of Baqiatallah University of Medical Sciences

Street address

Baqiyatallah University of Medical Science, Molla Sadra Avenue, Vanak Squire, Tehran, Iran

City

Tehran

Postal code

Approval date

2016-02-08, 1394/11/19

Ethics committee reference number

IR.BMSU.REC.1394.237

Health conditions studied

1

Description of health condition studied

addiction

ICD-10 code

F10, F11,

ICD-10 code description

Mental and behavioural disorders due to psychoactive substance use

Primary outcomes

1

Description

Addiction potential

Timepoint

before the intervention (pre-test), immediately after the intervention (post-test), after one month of the intervention (follow-up),

Method of measurement

Zargar Addiction Potential questionnaires

2

Description

Alexithymia

Timepoint

before the intervention (pre-test), immediately after the intervention (post-test), after one month of the intervention (follow-up),

Method of measurement

based on Toronto Alexithymia questionnaire.

Secondary outcomes

empty

Intervention groups

1

Description

The intervention of emotion regulation techniques' training for the intervention group was conducted for duration of eight sessions, two sessions a week, each session lasting an hour and a half. The protocol of emotion regulation was used that was made by Gross. Topics taught included: educating the emotion identification and its types, cognitive re-evaluation, attention training and why emotion regulation is important, respectively.

Category

Prevention

2

Description

Control groups received no intervention.

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center
20th Ramadan Mechanized Brigade
Full name of responsible person
Mojtaba Rezaei
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km 30; Tehran-Qom highway; Tehran
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Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Vice chancellor for research of Baqiatallah University of Medical Sciences
Full name of responsible person
Dr Gholamhosain Alishiri
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Baqiatallah University of Medical Science, Molla Sadra Avenue, Vanak Squire, Tehran, Iran
City
Tehran

Grant name

-

Grant code / Reference number

-

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

Yes

Title of funding source

Vice chancellor for research of Baqiatallah University of Medical Sciences

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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Person responsible for updating data

Contact

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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