

Clinical Trial Protocol

Iranian Registry of Clinical Trials

19 Sep 2026

The effectiveness of cognitive readiness on cognitive emotion regulation, improving decision-making and shooting performance in the conditions with and without competitive - state anxiety

Protocol summary

Summary

The aim of this study was to evaluate effectiveness cognitive readiness training on cognitive emotion regulation, decision-making and shooting performance with and without state- competitive anxiety in Tehran military society. For this purpose, the wide and Fletcher method (2014) will be used. To examine the hypothesis, 100 participant of sample involve two experiment groups (with and without anxiety) and two control groups (with and without anxiety) that each group have 25 participant. 8-session intervention with pre-test and post-test will be executed.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2016121331398N1**

Registration date: **2017-06-14, 1396/03/24**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2017-06-14, 1396/03/24

Registrant information

Name

Ahmad Ali Naji

Name of organization / entity

Semnan University

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Recruitment status

Recruitment complete

Funding source

Personal resources

Expected recruitment start date

2017-01-29, 1395/11/10

Expected recruitment end date

2017-02-05, 1395/11/17

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effectiveness of cognitive readiness on cognitive emotion regulation, improving decision-making and shooting performance in the conditions with and without competitive - state anxiety

Public title

The effectiveness of cognitive readiness on cognitive emotion regulation, decision-making and shooting performance

Purpose

Other

Inclusion/Exclusion criteria

Inclusion criteria 1- Provide written consent to participate in research and receive rules for its implementation, including participation in all sessions, completion of detailed questionnaires and not to transfer information to others2 :- Take courses of physical education (I and II) in the second semester 2016-173 :- Having state-competitive anxiety in experiment and control groups (with anxiety). exclusion criteria 1- There are mental disorders such as depression, PTSD, ASD, tic disorders that psychiatric diagnosis interview characterized2 :- Disabilities or disorders of the senses that is effective in

shooting such as poor vision, hearing problems, problems with hand movement, inability or difficulty in balancing stand3 :- Having trait-competitive anxiety in all groups4 :- Having state-competitive anxiety in experiment and control groups (without anxiety)5 :- Professional experience with air rifle.

Age

No age limit

Gender

Male

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: 100

Randomization (investigator's opinion)

Randomized

Randomization description

Blinding (investigator's opinion)

Single blinded

Blinding description

Placebo

Not used

Assignment

Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Semnan University

Street address

Faculty of Psychology & Education Mehdishahr ,
Semnan University , Darband, Mehdishahr, Semnan,
Iran.

City

Mehdishahr

Postal code

356411156

Approval date

2017-05-21, 1396/02/31

Ethics committee reference number

IR.SEMUMS.REC.1396.15

Health conditions studied

1

Description of health condition studied

competitive – state anxiety

ICD-10 code

F41.1

ICD-10 code description

Generalized anxiety disorder

Primary outcomes

1

Description

emotion cognitive regulation

Timepoint

Before the intervention, three months after the intervention

Method of measurement

Garnefski & other questionnaire

Secondary outcomes

1

Description

decision-making

Timepoint

Before the intervention, three months after the intervention

Method of measurement

Inventory California Critical Thinking (CCTST)

2

Description

shooting performance

Timepoint

Before the intervention, three months after the intervention.

Method of measurement

13 attempts of Shooting

3

Description

competitive – state anxiety

Timepoint

Before the intervention, three months after the intervention

Method of measurement

Sport Competition Anxiety Test (SCAT)

Intervention groups

1

Description

Training consists of eight sessions, both theoretical and practical teaching theoretical concepts shooting, situational awareness, metacognition, problem solving and creative thinking skills as well as practical exercises including situational awareness, problem solving, creative thinking and shooting will be. Before start of training, level of cognitive readiness, emotion regulation and decision-making are evaluated. Meanwhile, after theoretical foundations training of shooting in the first two sessions (session I and II) determine the level of basic skills and pre-test is examined.

Category

Other

2**Description**

Control groups only receive shooting training in two Session then do sport activities in 8 Session such as football and volleyball. pretest and post-test will be taken.

Category

Other

Recruitment centers1**Recruitment center****Name of recruitment center**

military center in Imam Sadegh situation

Full name of responsible person

Ahmad Ali Naji

Street address**City**

Tehran

Sponsors / Funding sources1**Sponsor****Name of organization / entity**

semnan University

Full name of responsible person

Issac Rahimiyan

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Grant name**Grant code / Reference number****Is the source of funding the same sponsor organization/entity?**

Yes

Title of funding source

semnan University

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**

Semnan University

Full name of responsible person

Ahmad Ali Naji

Position

master

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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