Clinical Trial Protocol
Iranian Registry of Clinical Trials

08 Nov 2026

Comparative Efficacy of Compassion _Focused Therapy and Well_Being Therapy on Cognitive Emotional Regulation and Psychological Capital in Female College Students with Love Failure

Protocol summary

Summary

1) Objectives: To evaluate the effectiveness of compassion focused therapy and well-being therapy on improving cognitive-emotional regulation and psychological capital and their dimensions in female students with love failure. 2) Design: The research method is a pre-test-post-test with a control group 3) Setting and conduct: The girl students who have the requirments of this study will register through the declaration of invitation in the Islamic Azad University, Science and Research Branch, and then after being interviewed and reviewed the conditions of this study, and filling out the questionnaires, 45 people are selected and then randomly divided into three groups, including two experimental and one control group. The two experimental groups participate in the treatment sessions, but no action will be taken on the control group. After the end of the experimental group sessions, all three groups will again fill up the cognitive emotion regulation questionnaires and the psychological capital questionnaire as post-test. Finally statistical analyzes will be done using the "spss" software. 4) Participants:Includes all female students of Islamic Azad University, Science and Research Branch in Tehran, who have broken in love, and have been passed for three months since they were interrupted. 5) Interventions: Compassion Focused Therapy(CFT) and Well-being Therapy(WT); Time of intervention: After the formation of experimental groups 6) main outcome measures (variables): Cognitive-emotional regulation; psychological capital

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2017080935015N1**

Registration date: **2017-08-09, 1396/05/18**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2017-08-09, 1396/05/18

Registrant information

Name

Jamileh Ahmadpour

Name of organization / entity

Islamic Azad University, Science and Research Branch of Tehran

Country

Iran (Islamic Republic of)

Phone

+98 21 4481 2166

Email address

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Recruitment status

Recruitment complete

Funding source

Islamic Azad University

Expected recruitment start date

2016-06-21, 1395/04/01

Expected recruitment end date

2016-08-22, 1395/06/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Comparative Efficacy of Compassion _Focused Therapy

and Well_Being Therapy on Cognitive Emotional Regulation and Psychological Capital in Female College Students with Love Failure

Public title
Comparative Efficacy of Compassion _Focused Therapy and Well_Being Therapy on Cognitive Emotional Regulation and Psychological Capital in Female College Students with Love Failure

Purpose
Treatment

Inclusion/Exclusion criteria
Major entry conditions: Students of the Azad University of Science and Research who are single; ages between 20 and 40 years old; and their rate in the Ross love broken questionnaire is higher than the cut-off line(20) and in the Cognitive Emotional Regulation questionnaire and in the Psychological Capital Questionnaire are lower than the average of all individuals. Major exit Conditions: Those who are diagnosed in a therapist interview that are not suitable for group work; or recognized that the presence of an individual may disturb the work of the team.

Age
From **20 years** old to **40 years** old

Gender
Female

Phase
2-3

Groups that have been masked
No information

Sample size
Target sample size: **45**

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
Ethics Committee of Islamic Azad University, Science and Research Branch of Tehran

Street address
Above the University square, the end of the north Sattari highway,

City
Tehran

Postal code

Approval date
2016-02-17, 1394/11/28

Ethics committee reference number
8/29/30753/د

Health conditions studied

1

Description of health condition studied
Signs and symptoms of love failure (cognitive emotional regulation and psychological capital)

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description
Cognitive Emotional Regulation

Timepoint
Before the intervention and after the intervention (after two months)

Method of measurement
Cognitive Emotion Regulation Questionnaire

2

Description
Psychological Capital

Timepoint
Before the intervention and after the intervention (after two months)

Method of measurement
Psychological Capital Questionnaire

Secondary outcomes

empty

Intervention groups

1

Description
Well -being therapy(WT)

Category
Behavior

2

Description
Compassion focused therapy(CFT)

Category
Behavior

Recruitment centers

1

Recruitment center
Name of recruitment center
GanjeDaroon psychological center
Full name of responsible person
Jamileh Ahmadpour
Street address
No 40, Andarzgoo Alley, (Crossed Kaveh Blvd), Shariati St, Tehran, Iran.
City
Tehran

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Vice chancellor for research, Islamic Azad University
Full name of responsible person
Afsaneh Mozaffari
Street address
Faculty of Humanities, above the University square, end of the north Sattari highway
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, Islamic Azad 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
Islamic Islamic Azad University, Science and Research Branch of Tehran
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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