

Clinical Trial Protocol

Iranian Registry of Clinical Trials

18 Jul 2026

Compare the Effectiveness of Emotion Regulation Skills Training based on Gross Model and Linehan Model on Emotion Regulation Strategies, Emotional Cascade and Suicidal Thoughts in Adolescents with Borderline Personality Disorder

Protocol summary

Study aim

The purpose of this study was to compare the effectiveness of emotion regulation skills training based on Gross Model and Linehan Model on emotion regulation strategies, emotional cascade and suicidal thoughts in adolescents with borderline personality disorder

Design

In this study, 45 adolescents with borderline personality disorder with inclusion criteria who were referred to counseling and psychology centers, psychiatric services as well as suicide emergency centers in Tehran, were selected. Participants were randomly divided into two experimental and one control groups.

Settings and conduct

The place of study was two psychological clinics in Tehran. After the random allocation of experimental groups, training was carried out in these two clinics.

Participants/Inclusion and exclusion criteria

Age between 15 and 19 years, Lack of comorbid mood disorders (bipolar, major depression), Minimum First Level Education, Having at least one suicide attempt, With clinical symptoms of borderline personality disorder criteria based on the fifth edition of the Diagnostic and Statistical Manual of Mental Disorders, At the time of entering the program, A year earlier the disorder is diagnosed. Conditions of failure to enter: substance abuse, psychotic disorders, under other psychological treatments and under medication.

Intervention groups

Includes two experimental groups; one of them received Linehan's Model Emotion Regulation skills training , and the other group received Gross's Model Emotion Regulation skills training. The control group did not receive any intervention.

Main outcome variables

Preventing self-harming behaviors, such as suicide and

self-harm, in adolescents with borderline personality disorder, helping clinicians and mental health professionals to get conceptualization of the patient's problem.

General information

Reason for update

Acronym

BPD

IRCT registration information

IRCT registration number: **IRCT20171225038062N1**

Registration date: **2018-02-13, 1396/11/24**

Registration timing: **retrospective**

Last update: **2018-02-13, 1396/11/24**

Update count: **0**

Registration date

2018-02-13, 1396/11/24

Registrant information

Name

Seyede Samera Hoseini Omam

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 21 7763 9333

Email address

samera.hoseini@semnan.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2017-07-08, 1396/04/17

Expected recruitment end date

2017-10-22, 1396/07/30

Actual recruitment start date

2017-07-08, 1396/04/17

Actual recruitment end date

2017-10-22, 1396/07/30

Trial completion date

empty

Scientific title

Compare the Effectiveness of Emotion Regulation Skills Training based on Gross Model and Linehan Model on Emotion Regulation Strategies, Emotional Cascade and Suicidal Thoughts in Adolescents with Borderline Personality Disorder

Public title

The Effectiveness of Two Models Emotion Regulation Skills Training in Adolescents with Borderline Personality Disorder

Purpose

Education/Guidance

Inclusion/Exclusion criteria**Inclusion criteria:**

Minimum First Level Education Lack of comorbid mood disorders (bipolar, major depression) Having at least one history of suicide attempt With clinical symptoms of borderline personality disorder It's been a year since the disorder diagnosis

Exclusion criteria:

Substance abuse Psychotic disorders Under other psychological treatments Under medication

AgeFrom **15 years** old to **19 years** old**Gender**

Both

Phase

N/A

Groups that have been masked

- Participant

Sample sizeTarget sample size: **45**Actual sample size reached: **45****Randomization (investigator's opinion)**

Randomized

Randomization description

In this study has been used Random allocation rule. 45 adolescents who referred to counseling and psychology centers, psychiatric services as well as suicide emergency centers in Tehran were randomly entered to experimental and control groups using a draw container.

Blinding (investigator's opinion)

Single blinded

Blinding description

In this study, participants who were adolescents with borderline personality disorder did not know about the allocation of study groups.

Placebo

Not used

Assignment

Parallel

Other design features**Secondary Ids**

empty

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

Ethics committee of Semnan University of Medical Sciences

Street address

Semnan University of Medical Sciences and Health Services, Basij Boulevard, Semnan

City

Semnan

Province

Semnan

Postal code

99951 35198

Approval date

2017-12-12, 1396/09/21

Ethics committee reference number

IR.SEMUMS.REC.1396.168

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

Borderline Personality Disorder

ICD-10 code

F60.3

ICD-10 code description

اختلال شخصیت ناپایدار هیجانی

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

Score of Emotion regulation strategies in Cognitive Emotion Regulation Questionnaire (CERQ)

Timepoint

Before the intervention begins and after the end of the intervention

Method of measurement

Cognitive Emotion Regulation Questionnaire (CERQ)

2**Description**

Score of Emotional Cascade in Distress Tolerance Scale and Thought Suppression Questionnaire

Timepoint

Before the intervention begins and after the end of the intervention

Method of measurement

Distress Tolerance Scale and Thought Suppression

Questionnaire	Specialist Psychology and Consultation Center Rahaee
3	Full name of responsible person Mojgan Salavati
Description Score of suicidal thoughts in Beck Scale for Suicide Ideation	Street address No. 16, Ketabi Ave., Ketabi Sq., Qitariye., Specialist Psychology and Consultation Center Rahaee
Timepoint Before the intervention begins and after the end of the intervention	City Tehran
Method of measurement Beck Scale for Suicide Ideation	Province Tehran
Secondary outcomes empty	Postal code 1938813870
Intervention groups	Phone +98 21 2221 7904
1	Email mojgansalavati47@gmail.com
Description Intervention group 1: Includes experimental group (15 in the emotion regulation skills training based on Linehan model). For the purposes of research before the intervention begins, the subjects were given Cognitive Emotion Regulation Questionnaire, Beck Scale for Suicide Ideation, Distress Tolerance Scale, Thought Suppression Questionnaire a questionnaire. After the end of the intervention, the questionnaires were again given to the participants.	Sponsors / Funding sources
Category Behavior	1
2	Sponsor
Description Intervention group 2: Includes experimental group (15 in the emotion regulation skills training based on Gross model). For the purposes of research before the intervention begins, the subjects were given Cognitive Emotion Regulation Questionnaire, Beck Scale for Suicide Ideation, Distress Tolerance Scale, Thought Suppression Questionnaire a questionnaire. After the end of the intervention, the questionnaires were again given to the participants.	Name of organization / entity Faculty of Psychology & Educational sciences Mahdishahr
Category Behavior	Full name of responsible person Isaac Rahimian Boogar
3	Street address Faculty of Psychology & Educational sciences Mahdishahr , Semnan University , Darband, Mehdishahr, Semnan, Iran
Description Control group: The control group received no intervention.	City Mehdishahr
Category Behavior	Province Semnan
Recruitment centers	Postal code 3564111156
1	Phone +98 23 3362 3300
Recruitment center Name of recruitment center	Email e_rahimian@sun.semnan.ac.ir
	Grant name
	Grant code / Reference number
	Is the source of funding the same sponsor organization/entity? Yes
	Title of funding source Faculty of Psychology & Educational sciences Mahdishahr
	Proportion provided by this source 100
	Public or private sector Public
	Domestic or foreign origin Domestic
	Category of foreign source of funding empty
	Country of origin
	Type of organization providing the funding Academic

Person responsible for general inquiries

Contact

Name of organization / entity

Faculty of Psychology & Educational sciences
Mahdishahr

Full name of responsible person

Mahmood Najafi

Position

Assistant Professor

Latest degree

Ph.D.

Other areas of specialty/work

Psychology

Street address

Faculty of Psychology & Educational sciences
Mahdishahr, Semnan University, Darband,
Mehdishahr, Semnan, Iran.

City

Semnan

Province

Semnan

Postal code

3564111156

Phone

+98 23 3362 3300

Fax**Email**

m_najafi@semnan.ac.ir

Person responsible for scientific inquiries

Contact

Name of organization / entity

Semnan University of Medical Sciences

Full name of responsible person

Seyede Samera Hoseini Omam

Position

Ph.D Student

Latest degree

Master

Other areas of specialty/work

Psychology

Street address

No. 18, Hoghoghi Ave., Shariati Ave., Enghelab Ave.

City

Tehran

Province

Tehran

Postal code

1611994111

Phone

+98 21 7763 9333

Fax**Email**

samera.hoseini@semnan.ac.ir

Person responsible for updating data

Contact

Name of organization / entity

The University of Semnan

Full name of responsible person

Seyede Samera Hoseini Omam

Position

Ph.D Student

Latest degree

Master

Other areas of specialty/work

Psychology

Street address

No. 18, Hoghghi Ave, Shariari Ave, Enghelab Ave.

City

Tehran

Province

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Postal code

1611994111

Phone

+98 21 7763 9333

Email

samera.hoseini@semnan.ac.ir

Sharing plan

Deidentified Individual Participant Data Set (IPD)

Yes - There is a plan to make this available

Study Protocol

Yes - There is a plan to make this available

Statistical Analysis Plan

Undecided - It is not yet known if there will be a plan to make this available

Informed Consent Form

Yes - There is a plan to make this available

Clinical Study Report

Yes - There is a plan to make this available

Analytic Code

Undecided - It is not yet known if there will be a plan to make this available

Data Dictionary

Undecided - It is not yet known if there will be a plan to make this available

Title and more details about the data/document

Information on the main outcomes of the study is available for sharing.

When the data will become available and for how long

6 months after printing results

To whom data/document is available

Mental health therapists

Under which criteria data/document could be used

Psychologists

From where data/document is obtainable

Seyede Samera Hoseini Omam

What processes are involved for a request to access data/document

A clear explanation of why the documentation is needed. Because the principle of confidentiality is very important in cases of suicide, therefore, caution will be given in certain circumstances.

Comments