Clinical Trial Protocol
Iranian Registry of Clinical Trials

17 Sep 2026

The effect of cognitive group therapy on improvement internet addiction symptoms, peomotion of quality of life and mental health in students 19-30 years

Protocol summary

Study aim
1)reduction of internet addiction symptoms in any person 2)Increasing the quality of life and vitality and happinessin in internet addicted persons

Design
Two arm parallel group randomized trial and post-test assessment

Settings and conduct
In dormitories of Tehran university, satisfaction and voluntary entry into the research are obtained from students who are diagnosed as internet addicts based on questionnaire and interviews. Then internet addict persons are divided into experimental and control group.

Participants/Inclusion and exclusion criteria
Inclusion Criteria : 1)Being student 2)The age between 19-30 years 3)Diagnosis of internet addiction. Exclusion Criteria :The participants with psychological difficulties, severe physical problems, and those who were under drug therapy or psychotherapy during the past year were excluded.

Intervention groups
Cognitive behavioral group therapy

Main outcome variables
Promotion of quality of life, improvement of mental health

General information

Reason for update

Acronym

IRCT registration information
IRCT registration number: **IRCT20151128025270N2**
Registration date: **2018-09-10, 1397/06/19**
Registration timing: **registered_while_recruiting**

Last update: **2018-09-10, 1397/06/19**
Update count: **0**

Registration date
2018-09-10, 1397/06/19

Registrant information

Name
Seyyed salman Alavi

Name of organization / entity
Nursing and Midwifery Research Center, Iran University of Medical Sciences

Country
Iran (Islamic Republic of)

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+98 21 8867 1613

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alavi@sdlrc.mui.ac.ir

Recruitment status
Recruitment complete

Funding source

Expected recruitment start date
2018-09-05, 1397/06/14

Expected recruitment end date
2018-11-05, 1397/08/14

Actual recruitment start date
empty

Actual recruitment end date
empty

Trial completion date
empty

Scientific title
The effect of cognitive group therapy on improvement internet addiction symptoms, peomotion of quality of life and mental health in students 19-30 years

Public title
The effect of cognitive group therapy on improvement internet addiction symptoms

Purpose

Education/Guidance

Inclusion/Exclusion criteria

Inclusion criteria:

1)Being student(18-30 years) 2)Diagnose internet addiction based on interview and questionnaire

Exclusion criteria:

Severe physical problems leaving group therapy sessions

Age

From **19 years** old to **30 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **60**

Randomization (investigator's opinion)

N/A

Randomization description

Blinding (investigator's opinion)

Not blinded

Blinding description

Placebo

Not used

Assignment

Single

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

•Ethics committee of Tehran University of Medical Sciences

Street address

Roozbeh Hospital, South Karegar, Tehran, Iran

City

Tehran

Province

Tehran

Postal code

1333795914

Approval date

2018-08-31, 1397/06/09

Ethics committee reference number

IR.TUMS.VCR.REC.1397.384

Health conditions studied

1

Description of health condition studied

addiction

ICD-10 code

F15

ICD-10 code description

Other stimulant related disorders

Primary outcomes

1

Description

Improvement of quality of life and mental health

Timepoint

Beginning of study (before intervention) and after intervention

Method of measurement

Quality of life questionnaire, mental health questionnaire

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: Internet addict students.For this group, 10 sessions of cognitive-behavioral group therapy will be held.The content of these sessions include the following titles:1)First Session: Welcome and Introducing the Cognitive-Behavioral Model. Second Session:Relationship cognitive model with Internet dependency. Third Session: Craving and methods of coping with it. Forth Session: Training of Relaxation. Fifth Session: Teaching Methods for Logical Analysis of Thoughts. Sixth Session: Problem solving skills training. Seventh Session: Cognitive errors and methods of coping with it. Eighth Session: Activation and Planning Training. Ninth Session: Coping with depression and anxiety. Tenth session: An overview of the techniques taught at the Sessions

Category

Behavior

2

Description

Control group: This group does not receive any cognitive-behavioral intervention

Category

Behavior

Recruitment centers

1

Recruitment center

Name of recruitment center

Psychiatry and Psychology Research Center

Full name of responsible person

Seyyed Salman Alavi

Street address

South Kargar

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1333795914
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Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Tehran University of Medical Sciences
Full name of responsible person
Psychiatry and Psychology Research Center
Street address
Roozbe hospital, South Karegar
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pprct@tums.ac.ir
Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
Tehran University of Medical Sciences
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
Tehran University of Medical Sciences
Full name of responsible person
Seyyed Salman Alavi
Position
therapist
Latest degree
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Other areas of specialty/work
Psychology
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Person responsible for updating data

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Sharing plan

Deidentified Individual Participant Data Set (IPD)
Undecided - It is not yet known if there will be a plan to make this available
Study Protocol
Undecided - It is not yet known if there will be 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
Undecided - It is not yet known if there will be a plan to make this available
Clinical Study Report
Not applicable
Analytic Code
Not applicable
Data Dictionary
Not applicable