Clinical Trial Protocol
Iranian Registry of Clinical Trials

17 Sep 2026

Evaluating the effect of emotion regulation training on emotional and cognitive status of adolescent girls attempting suicide referred to Ebne sina hospital in 2017-2018.

Protocol summary

Study aim
Determination the effect of emotion regulation training on emotional and cognitive status of adolescent girls attempting suicide referred to Ebn sina hospital in 2017-2018.

Design
At first, in order to prevent the exchange of information between the groups, the number of samples required for both control and intervention groups will be sampled respectively by convenient sampling method. .

Settings and conduct
Intervention and sampling from patients admitted to Ebn sina Psychiatric hospital will be done.

Participants/Inclusion and exclusion criteria
Inclusion criteria: Teenage girls aged 13 to 18 years, Suicide attempt history, willingness to participate in research. Exclusion criteria: People attending psychotherapy sessions simultaneously, bipolar patients, having symptoms of psychosis.

Intervention groups
The intervention group will receive 8 sessions of emotion regulation training (twice a week). And the control group will not receive intervention. And questionnaires will be filled by groups at the beginning of the study and one month later.

Main outcome variables
Emotional and cognitive status, depression, anxiety, stress, impulsivity, suicidal thought.

General information

Reason for update

Acronym

IRCT registration information
IRCT registration number: **IRCT20180516039680N1**
Registration date: **2018-07-27, 1397/05/05**
Registration timing: **registered_while_recruiting**
Last update: **2018-07-27, 1397/05/05**
Update count: **0**

Registration date
2018-07-27, 1397/05/05

Registrant information

Name
Seyedyounes Hosseini sarani

Name of organization / entity

Country
Iran (Islamic Republic of)

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+98 71 3840 6737

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hoseini_y@sums.ac.ir

Recruitment status
Recruitment complete

Funding source

Expected recruitment start date
2018-07-11, 1397/04/20

Expected recruitment end date
2018-10-22, 1397/07/30

Actual recruitment start date
empty

Actual recruitment end date
empty

Trial completion date
empty

Scientific title
Evaluating the effect of emotion regulation training on emotional and cognitive status of adolescent girls attempting suicide referred to Ebne sina hospital in 2017-2018.

Public title
Evaluating the effect of emotion regulation training on emotional and cognitive status of adolescent girls

attempting suicide.

Purpose

Education/Guidance

Inclusion/Exclusion criteria

Inclusion criteria:

Teenage girls aged 13 to 18 years Suicide attempt history Willingness to participate in research

Exclusion criteria:

People attending other psychotherapy sessions simultaneously Bipolar patients Having symptoms of psychosis

Age

From **13 years** old to **18 years** old

Gender

Female

Phase

N/A

Groups that have been masked

- Data analyser

Sample size

Target sample size: **48**

Randomization (investigator's opinion)

Not randomized

Randomization description

Blinding (investigator's opinion)

Single blinded

Blinding description

Data will be analyzed without expressing the type of group to the analyst.

Placebo

Not used

Assignment

Other

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethics committee of Shiraz University of Medical Sciences.

Street address

Central building of Shiraz University of Medical Sciences, Zand street.

City

Shiraz

Province

Fars

Postal code

713451978

Approval date

2017-12-10, 1396/09/19

Ethics committee reference number

IR.SUMS.REC.1396.148

Health conditions studied

1

Description of health condition studied

Cognitive and emotional status

ICD-10 code

ICD-10 code description

2

Description of health condition studied

Depression

ICD-10 code

ICD-10 code description

3

Description of health condition studied

Anxiety

ICD-10 code

ICD-10 code description

4

Description of health condition studied

Stress

ICD-10 code

ICD-10 code description

5

Description of health condition studied

Impulsivity

ICD-10 code

ICD-10 code description

6

Description of health condition studied

Suicidal thought.

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description

Cognitive emotion regulation. The cognitive emotion regulation evaluates 9 strategy of self-denial, admission, rumination, positive re-focus, re-focus on planning, positive reappraisal, perceptiveness, disaster, and other people's health.

Timepoint

At the beginning of the study and 1 month after the study

Method of measurement

Cognitive emotion regulation questionnaire (CERQ)

2

Description

Depression. The substage of depression, includes the expressions of unhappy mood, lack of self-esteem, despair, worthlessness of life, lack of interest in conflict, lack of enjoyment of life, and lack of energy and power.

Timepoint

At the beginning of the study and 1 month after the study

Method of measurement

Depression anxiety and stress scale 21 qestionnaire

3

Description

Anxiety. Anxiety subscale has phrases that attempt to assess physiological arousal, fears, and situational anxiety.

Timepoint

At the beginning of the study and 1 month after the study

Method of measurement

Depression anxiety and stress Scale 21 questionnaire

4

Description

Stress. Stress subscale includes phrases such as difficulty in achieving relaxation, nervous tension, irritability and restlessness.

Timepoint

At the beginning of the study and 1 month after the study

Method of measurement

Depression anxiety and stress scale 21 questionnaire

5

Description

Impulsivity. Measures three components of non-planning, motion impulse, and cognitive impulse.

Timepoint

At the beginning of the study and 1 month after the study

Method of measurement

Barratt Impulsiveness Scale, eleventh edition.

6

Description

Suicidal thoughts. Detecting and measuring the severity of attitudes and planning to commit suicide

Timepoint

At the beginning of the study and 1 month after the study

Method of measurement

Beck suicide scal idetion questionnaire

Secondary outcomes

empty

Intervention groups

1

Description

intervention group: The intervention group will receive 8 sessions of emotion regulation training (twice a week). And questionnaires will be filled by the group at the beginning of the study and one month later.

Category

Treatment - Other

2

Description

Control group:The control group will not receive interventionand and the questionnaires will be filled by the group at the beginning of the study and one month later. And In order to comply with ethical principles, the control group will be given education after the end of the study or instruction booklet.

Category

Treatment - Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Ebne sina hospital

Full name of responsible person

Ebrahim Moghimi

Street address

St Hafez, Near Bostan 13th Aban, Ebne sina hospital

City

Shiraz

Province

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7146676549

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Email

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Web page address

http://ebnesina.sums.ac.ir/

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Shiraz University of Medical Sciences

Full name of responsible person

Dr. Sayed Basir Hashemi

Street address

Central building of Shiraz university of medical sciences, Zand street

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hashemib@sums.ac.ir
Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
Shiraz 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
Shiraz University of Medical Sciences
Full name of responsible person
Seyedyounes Hosseini sarani
Position
Student
Latest degree
Bachelor
Other areas of specialty/work
Psychiatric Nursing
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Bachelor
Other areas of specialty/work
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Person responsible for updating data

Contact
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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
Yes - There is a plan to make this available
Statistical Analysis Plan
Yes - There is 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

Yes - There is a plan to make this available

Data Dictionary

No - There is not a plan to make this available

Title and more details about the data/document

The results of data on interventions will be accessible by maintaining ethical principles.

When the data will become available and for how long

After the end of the study, the results of the documentation will be available.

To whom data/document is available

The results of the project will be accessible to educational and research centers.

Under which criteria data/document could be used

Use and expand educational programs for teens to improve the quality of life and improve the mental status of individuals.

From where data/document is obtainable

Shiraz university of medical sciences.

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

Referring to Shiraz University of Medical Sciences.

Comments