

Clinical Trial Protocol

Iranian Registry of Clinical Trials

27 Jun 2026

The Effectiveness of Compassion-Focused Therapy(CFT) on Procrastination and Quality of Life in Students of Iran University of Medical Sciences

Protocol summary

Study aim

The present study will measure the impact of compassion-based treatment on quality of life and Procrastination.

Design

Clinical trial with control group

Settings and conduct

Dormitories of Iran University of Medical Sciences

Participants/Inclusion and exclusion criteria

Entry Criteria: Age range 20 to 40 years Earning the quorum of the Score Questionnaire Lack of chronic medical impairment and disability Lack of chronic psychiatric disorders Absence of severe personality disorder such as schizotypal and paranoid and schizoid based on scid-II Satisfaction to participate in this research

Intervention groups

Session Contents: Session 1: Explaining and familiarizing people with Procrastination and its reasons, explaining the rationale of compassion therapy and the goals of treatment Session 2: Explaining the concept of self-compassion and its three components, and familiarity with three emotion regulation systems. Session 3: Learning distance and wisdom observation, breaking identity identification with thoughts, changing self-criticism to self-correction Session Four: Learning Attention, Thinking, Behavior and Feelings Session 5: Wandering minds, translucent illustrations, location and inclusiveness, creating a safe place. Session Six: Mindfulness, Attention, Exercise, Mindfulness and Action, Mindfulness and Awareness Seventh Session: Focusing on self-compassion toward others, streaming compassion toward yourself using memory, creating a coherent ideal Session 8: Overview of previous sessions, lessons and exercises, ending

Main outcome variables

Procrastination, quality of life

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20141108019855N6**

Registration date: **2018-12-24, 1397/10/03**

Registration timing: **retrospective**

Last update: **2018-12-24, 1397/10/03**

Update count: **0**

Registration date

2018-12-24, 1397/10/03

Registrant information

Name

Samira Masumian

Name of organization / entity

Tehran Psychiatry Institute

Country

Iran (Islamic Republic of)

Phone

+98 21 3349 6990

Email address

samira.masumian@yahoo.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2018-09-23, 1397/07/01

Expected recruitment end date

2018-11-22, 1397/09/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The Effectiveness of Compassion-Focused Therapy(CFT) on Procrastination and Quality of Life in Students of Iran University of Medical Sciences

Public title

The Effectiveness of Compassion-Focused Therapy(CFT) on Procrastination and Quality of Life in Students

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria:

Entry criteria for research: Age range 20 to 40 years
Earning the quorum of the Score Questionnaire Lack of chronic medical impairment and disability Lack of chronic psychiatric disorders Absence of severe personality disorder such as schizotypal and paranoid and schizoid based on scid-II Satisfaction to participate in this research

Exclusion criteria:

Age

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

Gender

Male

Phase

1

Groups that have been masked

- Outcome assessor
- Data analyser

Sample size

Target sample size: **30**

Randomization (investigator's opinion)

Not randomized

Randomization description

Blinding (investigator's opinion)

Single blinded

Blinding description

The evaluator does not know the type of groups and the treatment of the test group

Placebo

Not used

Assignment

Single

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethics Committee of Iran University of Medical Sciences

Street address

Iran University of Medical SciencesIran - Hemat

Highway -Tehran

City

Tehran

Province

Tehran

Postal code

۱۴۳۹۶۱۴۵۳۵

Approval date

2018-06-22, 1397/04/01

Ethics committee reference number

IR.IUMS.REC.1396.31889

Health conditions studied

1

Description of health condition studied

Procrastination

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description

Procrastination

Timepoint

pre post test

Method of measurement

Procrastination Inventory

2

Description

Quality of Life

Timepoint

pre post test

Method of measurement

Quality of Life Questionnaire

Secondary outcomes

empty

Intervention groups

1

Description

En Session Contents: Session 1: Explaining and familiarizing people with Procrastination and its reasons, explaining the rationale of compassion therapy and the goals of treatment Session 2: Explaining the concept of self-compassion and its three components, and familiarity with three emotion regulation systems. Session 3: Learning distance and wisdom observation, breaking identity identification with thoughts, changing self-criticism to self-correction Session Four: Learning Attention, Thinking, Behavior and Feelings Session 5: Wandering minds, translucent illustrations, location and inclusiveness, creating a safe place. Session Six:

Mindfulness, Attention, Exercise, Mindfulness and Action, Mindfulness and Awareness Seventh Session: Focusing on self-compassion toward others, streaming compassion toward yourself using memory, creating a coherent ideal Session 8: Overview of previous sessions, lessons and exercises, ending

Category

Treatment - Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Dormitories of Iran University of Medical Sciences

Full name of responsible person

samira masumian

Street address

Behavioral Sciences & Mental Health Sciences- Next to Rasool Akram Hospital-Sattarkhan

City

Tehran

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Tehran

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۱۴۴۵۶۱۳۱۱۱

Phone

+98 21 6655 1616

Email

samira.masumian@yahoo.com

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Iran University of Medical Sciences

Full name of responsible person

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Street address

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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

Iran University of Medical Sciences

Proportion provided by this source

40

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

Iran University of Medical Sciences

Full name of responsible person

samira masumian

Position

PHD student

Latest degree

Ph.D.

Other areas of specialty/work

Psychology

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Latest degree

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Email

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Sharing plan

Deidentified Individual Participant Data Set (IPD)

No - There is not a plan to make this available

Justification/reason for indecision/not sharing IPD

No more information

Study Protocol

No - There is not a plan to make this available

Statistical Analysis Plan

No - There is not a plan to make this available

Informed Consent Form

No - There is not a plan to make this available

Clinical Study Report

No - There is not a plan to make this available

Analytic Code

No - There is not a plan to make this available

Data Dictionary

No - There is not a plan to make this available