Clinical Trial Protocol
Iranian Registry of Clinical Trials

09 Nov 2026

The Effectiveness of Training Methods of First, Second, and Third Waves of Psychotherapy Techniques on Self-Control among Students

Protocol summary

Study aim
The aim of this study was to investigate the effectiveness of training the first, second and third waves of psychotherapy techniques on self-control of students.
Design
Randomized sampling with control group in 3 groups
Settings and conduct
Experimental, Hamedan
Participants/Inclusion and exclusion criteria
Investigating the effectiveness of training the first, second and third waves of psychotherapy techniques on self-control of students.
Intervention groups
The intervention groups consisted of 4 groups. Three experimental groups and one control group. For the first one, the first wave, for the experimental group two, the second wave, and for the third group, the third wave of psychotherapy was used.
Main outcome variables
Self-control; Students; Psychotherapy

General information

Reason for update
Acronym
psysc
IRCT registration information
IRCT registration number: **IRCT20181003041222N1**
Registration date: **2019-01-25, 1397/11/05**
Registration timing: **retrospective**

Last update: **2019-01-25, 1397/11/05**
Update count: **0**
Registration date
2019-01-25, 1397/11/05

Registrant information
Name
Ahmad Bayat
Name of organization / entity
Bu-Ali Sina University
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Iran (Islamic Republic of)
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Recruitment status
Recruitment complete
Funding source

Expected recruitment start date
2017-12-31, 1396/10/10
Expected recruitment end date
2018-01-10, 1396/10/20
Actual recruitment start date
2018-07-01, 1397/04/10
Actual recruitment end date
2018-08-01, 1397/05/10
Trial completion date
2018-08-01, 1397/05/10

Scientific title
The Effectiveness of Training Methods of First, Second, and Third Waves of Psychotherapy Techniques on Self-Control among Students

Public title
The Effectiveness of Training Methods of First, Second, and Third Waves of Psychotherapy Techniques on Self-Control
Purpose
Diagnostic
Inclusion/Exclusion criteria
Inclusion criteria:
mental & physical health No drug intake be student
Exclusion criteria:
mental disorder illness drug use
Age

From **7 years** old to **15 years** old

Gender

Male

Phase

2-3

Groups that have been masked

- Participant

Sample size

Target sample size: **45**

Actual sample size reached: **45**

Randomization (investigator's opinion)

Randomized

Randomization description

In this research, individual randomization method was used. Randomization unit was individual. The tool used to do this was a list of all students of the statistical society and random numbers table. The random sequence obtained was 34 orders. Sample selection could not directly reach the desired numbers, and the sequence did not make him aware of the selected persons. The intervention group was randomly assigned to the intervention group and received the necessary training. The members of the control group were randomly assigned to this group and a number of general education courses were offered to them in the field of psychiatric diseases.

Blinding (investigator's opinion)

Single blinded

Blinding description

All participants and researchers in this study were kept in a two-way blinded manner. This means that neither of them did not understand which members of the group (intervention or control) are in the study.

Placebo

Not used

Assignment

Parallel

Other design features

not

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethics committee of bu-ali-sina University

Street address

ahmadiroshan

City

hamedan

Province

Hamadan

Postal code

6547898569

Approval date

2018-07-26, 1397/05/04

Ethics committee reference number

85432

Health conditions studied

1

Description of health condition studied

self-control

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description

Three waves of psychotherapy

Timepoint

2 months

Method of measurement

Normal observation

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: For each group, the techniques of one of the first wave therapy (positive reinforcement), second (recursion) or third (mind-consciousness) training were trained. The group that is supposed to experience positive reinforcement does not need any special training, and only when explaining the test's position the subject was told that if successful in the experiment, in addition to the two pastries, a crate box was awarded. The second group trained the recruiting technique in three sessions. In this way, the subjects first understand the attention and function of the subject. Then learn the advantages and disadvantages of attention and lack of attention and ultimately train and apply recruiting techniques in practice. The third group also trained the mind-reading technique. At first, the methods of knowledge of thoughts, temptations, feelings, emotions and ... were described to the subjects. Subjects then experimented with avoiding experience and rumination as a game of practice and practice. Ultimately, how to accept and more flexibility than the thoughts, temptations, and feelings were taught. After 3 training sessions, all participants were tested individually. The experiment, which was performed, is the same as the famous "Maraschlove Sweets". The baby is placed in the test room behind the table, with a delicious sweet on the table. The experimenter tells the baby that if you leave the room when I go back, you can eat two sweets.

Category

Diagnosis

Recruitment centers

1

Recruitment center

Name of recruitment center
Hedayat school
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Sponsors / Funding sources

1

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Grant name

Grant code / Reference number

Is the source of funding the same sponsor organization/entity?
No

Title of funding source
Researcher

Proportion provided by this source
100

Public or private sector
Private

Domestic or foreign origin
Domestic

Category of foreign source of funding
empty

Country of origin

Type of organization providing the funding
Persons

Person responsible for general inquiries

Contact

Name of organization / entity
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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
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
Undecided - It is not yet known if there will be 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