

Clinical Trial Protocol

Iranian Registry of Clinical Trials

03 Jul 2026

Investigating the effectiveness of suicide prevention based on SOS program on suicidal Thoughts in adolescents

Protocol summary

Study aim

The aim of present study was examine the effectiveness of suicide prevention program on reducing suicide ideation of adolescent of Qazvin.

Design

randomized,controlled clinical trial with control group, sample size 26

Settings and conduct

This study will be conducted using a program based on SOS suicide prevention training package. The statistical population of the present study included all girl adolescents aged 20-18 years old living in Qazvin who have suicidal thoughts and will be referred to Imam Khomeini International University counseling center. In this study, a sample of young adolescents referring to the counseling and psychological center of Imam Khomeini International University in Qazvin, who have acceptance criteria in this research and complete the consent form, will be selected. Based on a clinical interview They will be selected by a clinical psychologist and Beck Suicide Questionnaire and assigned randomly to the intervention and control group.

Participants/Inclusion and exclusion criteria

Having suicidal thoughts Age range 18 to 20 Having the consent to participate in the study Not substance abuse Lack of severe mental illness

Intervention groups

The control group participated in the pre-test, post-test and follow-up training . The intervention group received eight 90-minute training sessions in a month (two days a week). In this research, the intervention was designed and developed using the psychosocial training method (SOS, 2004) and was presented during eight 90-minute training sessions (twice a week). Educational sessions were conducted by the researcher, lecture and question and answer, and using educational materials (educational pamphlets, PowerPoint presentations and screenings).

Main outcome variables

suicidal tendency

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20190106042261N1**

Registration date: **2019-05-11, 1398/02/21**

Registration timing: **retrospective**

Last update: **2019-05-11, 1398/02/21**

Update count: **0**

Registration date

2019-05-11, 1398/02/21

Registrant information

Name

Azam Hosseini

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 28 3368 9770

Email address

azho1349@gmail.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2017-12-21, 1396/09/30

Expected recruitment end date

2018-01-29, 1396/11/09

Actual recruitment start date

2017-12-21, 1396/09/30

Actual recruitment end date

2018-02-08, 1396/11/19

Trial completion date

2018-06-19, 1397/03/29

Scientific title

Investigating the effectiveness of suicide prevention based on SOS program on suicidal Thoughts in adolescents

Public title

The Effectiveness of Suicide Prevention

Purpose

Prevention

Inclusion/Exclusion criteria

Inclusion criteria:

Having suicidal thoughts Age 18 to 20 Having the consent to participate in the study

Exclusion criteria:

Participate in psychological treatment Severe psychiatric disorders Substance Abuse

Age

From **18 years** old to **20 years** old

Gender

Female

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **30**

Actual sample size reached: **26**

Randomization (investigator's opinion)

Randomized

Randomization description

A simple randomization using of sortition, Each subject will be given a code. Each code is written on a piece of paper and will be poured into a container. Then, one by one, the paper will be removed from the container and the number will be written down to identify the two groups of intervention and control.

Blinding (investigator's opinion)

Not blinded

Blinding description

Placebo

Not used

Assignment

Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethics committee of Shahid Beheshti University of Medical Sciences

Street address

No.16 Barmayoon Ave , Boostan1 Blvd , Daneshgah Street

City

Qazvin

Province

Qazvin

Postal code

3414657114

Approval date

2017-05-21, 1396/02/31

Ethics committee reference number

. 1396. 787 IR.fbm.u.phnm

Health conditions studied

1

Description of health condition studied

suicide

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description

Suicidal thoughts

Timepoint

pre-test and post-test, 50 day follow-up

Method of measurement

Beck Suicidal Thoughts Questionnaire

Secondary outcomes

empty

Intervention groups

1

Description

Control group: will not receive training.

Category

Prevention

2

Description

Intervention group: The suicide program based on Suicide Prevention Program (SOS), Made by the Screening for Mental Health, Inc., a non-profit organization in Wellesley, Has been localized and has been offered eight times a week for 90 minutes twice a week.SOS includes an educational program, in which three principle of program are taught to teens . Acknowledge; listen to your friends; do not underestimate the danger; take care; let your friends know you pay attention to them; express or say; tell an adult what you care about your friend.The purpose of SOS is to reduce suicidal behaviors in adolescents by increasing their understanding and ability to recognize symptoms of depression and promoting more consistent attitudes toward depression and suicidal behavior.

Category
Prevention

Recruitment centers

1

Recruitment center

Name of recruitment center

Center for Counseling and Psychological Services of Imam Khomeini International University, Qazvin

Full name of responsible person

Azam Hosseini

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No.16 Barmayoon Ave , Boostan1 Blvd , Daneshgah Street

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Shahid Beheshti University of Medical Sciences

Full name of responsible person

Afshin Zareghi

Street address

Shahid Chamran Highway Yemen Street - Shahid Araghi Shaheed Hospital Ayatollah Taleghani

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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

Shahid Beheshti 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

Shahid Beheshti University of Medical Sciences

Full name of responsible person

Azam Hosseini

Position

Student

Latest degree

Master

Other areas of specialty/work

Psychiatric Nursing

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Person responsible for scientific inquiries

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Position

Student

Latest degree

Bachelor

Other areas of specialty/work

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Person responsible for updating data

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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