Clinical Trial Protocol
Iranian Registry of Clinical Trials

16 Sep 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.fbmu.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
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Shahid Chamran Highway Yemen Street - Shahid Araghi Shaheed Hospital Ayatollah Taleghani
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info@sbmu.ac.ir
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 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