Clinical Trial Protocol
Iranian Registry of Clinical Trials

09 Nov 2026

Comparison of Effectiveness of Cognitive and Emotional Interventions on the Symptoms Resulted from Romantic Relationship Breakup in the Students

Protocol summary

Study aim

The aim of this study is to investigate the effectiveness of emotional regulation and cognitive-behavioral therapy in reducing the symptoms of emotional Breakup and increasing the level of their function.

Design

Clinical single-sample clinical study without community-based and pragmatic control group, with parallel, non-random groups

Settings and conduct

The statistical population of all students of Kurdistan University during the academic year 98-97 experiencing emotional breakup. Through non-random sampling available and through recalling the individuals who obtained the score in the Breakup Distress Disorder Inventory and volunteered, 20 were selected and divided into two groups of 20 including cognitive-behavioral therapy and emotional regulation therapy The treatment process will be performed within a maximum of six months. After the treatment, the variables will be re-measured.

Participants/Inclusion and exclusion criteria

The criteria for entering unresolved emotional breakup, mental disorders and behavioral problems, or reducing activity, accepting presence in the research, and the criteria for leaving the group have a history of serious disorders, the simultaneous presence of substance abuse.

Intervention groups

Individuals experiencing emotional breakup that have symptoms in two groups of intervention include emotional regulation and cognitive-behavioral therapy.

Main outcome variables

Breakup distress inventory; Forgiveness Scale; Rumination Scale After Rumination: Anger Rumination

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20190129042549N1**
Registration date: **2020-02-03, 1398/11/14**
Registration timing: **retrospective**

Last update: **2020-02-03, 1398/11/14**
Update count: **0**

Registration date

2020-02-03, 1398/11/14

Registrant information

Name

HAJEER MAHMOUDIPNAH

Name of organization / entity

UNIVERSITY OF KURDESTAN

Country

Iran (Islamic Republic of)

Phone

+98 87 3366 4600

Email address

mhazhir46@yahoo.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2019-01-21, 1397/11/01

Expected recruitment end date

2019-01-21, 1397/11/01

Actual recruitment start date

2019-01-21, 1397/11/01

Actual recruitment end date

2019-12-12, 1398/09/21

Trial completion date

2020-01-21, 1398/11/01

Scientific title
Comparison of Effectiveness of Cognitive and Emotional Interventions on the Symptoms Resulted from Romantic Relationship Breakup in the Students

Public title
Comparison of Effectiveness of Cognitive and Emotional Interventions on the Symptoms Resulted from Romantic Relationship Breakup in the Students

Purpose
Treatment

Inclusion/Exclusion criteria

Inclusion criteria:
The experience of relationship Breakup, and 30-point scores in the Breakup Distress Scale and Consent to participating in the study

Exclusion criteria:
A history of delusions and hallucinations, cognitive impairment, drug abuse and hospitalization.

Age
From **18 years** old to **35 years** old

Gender
Both

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **20**
Actual sample size reached: **6**

Randomization (investigator's opinion)
N/A

Randomization description

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 kurdistan university

Street address
University of Kurdistan, Pasdaran St

City
sanandaj

Province
Kurdistan

Postal code
66177-15175

Approval date
2018-12-02, 1397/09/11

Ethics committee reference number
IR.UOK.REC.1397.032

Health conditions studied

1

Description of health condition studied
Relationship Breakup

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description
Breakup Distress

Timepoint
Before begins intervention، In Duration Session and one month follow intervention

Method of measurement
Breakup Distress Scale

2

Description
Rumination Breakup

Timepoint
Before begins intervention، In Duration Session and one month follow intervention

Method of measurement
Rumination Breakup Scale

3

Description
Forgiveness

Timepoint
Before begins intervention، In Duration Session and one month follow intervention

Method of measurement
Forgiveness Scale

4

Description
Anger Rumination

Timepoint
Before begins intervention، In Duration Session and one month follow intervention

Method of measurement
Anger Rumination

Secondary outcomes

empty

Intervention groups

1

Description
Intervention group: Cognitive Behavioral Therapy
Category
Treatment - Other

2

Description
Intervention group: Emotion Focused Psychotherapy
Category
Treatment - Other

Recruitment centers

1

Recruitment center
Name of recruitment center
University of Kurdistan
Full name of responsible person
Hajeer Mahmoudipnah
Street address
University of Kurdistan, Pasdaran St
City
sanandaj
Province
Kurdistan
Postal code
66177-15175
Phone
+98 87 3366 4600
Email
info@uok.ac.ir

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
The University of Kurdistan
Full name of responsible person
Fateh Rahmani
Street address
University of Kurdistan, Pasdaran St, Sanandaj, Kurdistan, Iran
City
سنندج
Province
Kurdistan
Postal code
66177-15175
Phone
+98 87 3366 4600
Email
info@uok.ac.ir
Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
The University of Kurdistan
Proportion provided by this source
20
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
The University of Kurdistan
Full name of responsible person
Hajeer Mahmoudipnah
Position
Student
Latest degree
Bachelor
Other areas of specialty/work
Psychology
Street address
University of Kurdistan, Pasdaran St
City
Sanandaj
Province
Kurdistan
Postal code
66177-15175
Phone
+98 87 3366 4600
Email
mhazhir46@yahoo.com

Person responsible for scientific inquiries

Contact
Name of organization / entity
The University of Kurdistan
Full name of responsible person
Fateh Rahmani
Position
Associate Professor
Latest degree
Ph.D.
Other areas of specialty/work
Psychology
Street address
University of Kurdistan, Pasdaran St
City
Sanandaj
Province

Kurdistan

Postal code
66177-15175

Phone
+98 87336646008

Email
farahmani@yahoo.com

Person responsible for updating data

Contact

Name of organization / entity
The University of Kurdistan

Full name of responsible person
Hajeer Mahmoudipnah

Position
Student

Latest degree
Bachelor

Other areas of specialty/work
Psychology

Street address
University of Kurdistan, Pasdaran St

City
Sanandaj

Province
Kurdistan

Postal code
66177-15175

Phone
+98 87336646008

Email
mhazhir46@yahoo.com

Sharing plan

Deidentified Individual Participant Data Set (IPD)
Yes - There is 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
Thesis

When the data will become available and for how long
1399

To whom data/document is available
all

Under which criteria data/document could be used
all

From where data/document is obtainable
all

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

Comments