

Clinical Trial Protocol

Iranian Registry of Clinical Trials

18 Jun 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

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

The University of Kurdistan

Full name of responsible person

Fateh Rahmani

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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

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

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Person responsible for updating data

Contact

Name of organization / entity

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Full name of responsible person

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Latest degree

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Other areas of specialty/work

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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