

Clinical Trial Protocol

Iranian Registry of Clinical Trials

29 Jun 2026

Developing and Effectiveness of Attention Bias Modification on anxious Attachment Style, Empathy, Cognitive Flexibility, and Emotional Self-Disclosure on University Students.

Protocol summary

Study aim

Effectiveness of intervention of attention bias modification on Insecure Attachment Styles, Empathy, Cognitive Flexibility, and Emotional Self-Disclosure

Design

Clinical trials have two parallel experimental and control groups. Participants were randomly assigned to two groups and the study was conducted as a one-way blind course. A simple random method will be used. The table of random numbers is used to assign participants to two groups. There are 17 people in each group.

Settings and conduct

The present study will be experimental and will be conducted in two phases. The first phase of the design of the attention-grabbing correction package will be done through point exploration software. The second phase is performed in the field. The study will be conducted at the Counseling Center of Semnan University. Participants in the experimental group are placed in a room in front of a 14-inch monitor device at least 60 cm apart. Participants are presented with images of a pair of neutral-neutral visual stimuli, and are asked to quickly click a button under which the probe appears. Their reaction time is recorded. Interventions with multiple blocks of images continue for 10 sessions. Participants in both groups are treated as if they were intervening.

Participants/Inclusion and exclusion criteria

Entry criteria Age between 18 and 24 years Anxious attachment style Output criteria underlying anxiety Acute medical illness, psychological disorders

Intervention groups

18- to 24-year-old students with anxiety attachment style . A pair of neutral-emotional images are presented. participant provided with a pair of images. A probe appears behind the neutral image. Task, is to quickly unlock the key that is on the side of the probe sign. Reaction time is recorded. Task is in blocks of 60 to 90

during 10 sessions. Each participant in control group is shown only two neutral images.

Main outcome variables

Attention bias to emotional faces

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20200213046479N1**

Registration date: **2020-04-17, 1399/01/29**

Registration timing: **prospective**

Last update: **2020-04-17, 1399/01/29**

Update count: **0**

Registration date

2020-04-17, 1399/01/29

Registrant information

Name

Zohre Moini

Name of organization / entity

University of Semnan

Country

Iran (Islamic Republic of)

Phone

+98 21 4421 5842

Email address

z.moini@semnan.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2020-04-20, 1399/02/01

Expected recruitment end date

2020-08-22, 1399/06/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Developing and Effectiveness of Attention Bias Modification on anxious Attachment Style, Empathy, Cognitive Flexibility, and Emotional Self-Disclosure on University Students.

Public title

Attention bias modification on anxious attachment

Purpose

Supportive

Inclusion/Exclusion criteria**Inclusion criteria:**

age 18-24 years old anxious attachment style

Exclusion criteria:

avoidant attachment style clinical anxiety disorder
Medical disease and psychological disorders

Age

From **18 years** old to **24 years** old

Gender

Both

Phase

N/A

Groups that have been masked

- Participant

Sample size

Target sample size: **34**

Randomization (investigator's opinion)

Randomized

Randomization description

Accidental assignment of participants to the two experimental and control groups is done by simple random method. The names of the participants are listed in alphabetical order and each of them is assigned a number using the table of random numbers. Even numbers fall into the experimental group.

Blinding (investigator's opinion)

Single blinded

Blinding description

The intervention is performed single blind. Participants in the control group are treated as if they were receiving an intervention. Participants, staff of the Advisory Center, and statistical data analysts are unaware of the group membership of the participants.

Placebo

Not used

Assignment

Parallel

Other design features

Modifying Anxious Attachment Style by Improving Attention bias in Few studies have been conducted abroad, that, in case of effectiveness, can lead to a short course of treatment of rejection anxiety, in these individuals through subliminal treatment at low cost and time.

Secondary Ids

empty

Ethics committees**1****Ethics committee****Name of ethics committee**

Ethics committee of semnan university of medical Sciences

Street address

Semnan university of medical Sciences

City

Semnan

Province

Semnan

Postal code

1454673381

Approval date

2019-10-22, 1398/07/30

Ethics committee reference number

IR.SEMUMS.REC.1398.182

Health conditions studied**1****Description of health condition studied**

Attention bias in anxiety attachment style

ICD-10 code**ICD-10 code description****Primary outcomes****1****Description**

Score earned on attentional bias task

Timepoint

At the beginning of intervention, end of intervention, 2 months after the end of intervention

Method of measurement

Dot-probe tas

2**Description**

Anxious attachment style

Timepoint

At the beginning of intervention, end of intervention, 2 months after the end of intervention

Method of measurement

Experience on close relationship

Secondary outcomes

empty

Intervention groups

1

Description

Intervention: This group consists of participants with an anxious attachment style who pay attention to the threatening emotional faces. Each participant is presented with a pair of neutral-emotional images. Participants' task is to press the directional key as shown below. The images are randomly given to the left or right of a 14-inch screen. 60 to 90 blocks of images will be displayed to participants for 10 sessions.

Category

Behavior

2

Description

Control group: This group consists of participants with an anxious attachment style who pay attention to the threatening emotional faces of bias. Each participant is shown only two neutral images.

Category

Behavior

3

Description

Control group: no task will be done

Category

Behavior

Recruitment centers

1

Recruitment center

Name of recruitment center

Semnan university

Full name of responsible person

Siavash Talepasand

Street address

Mahdi shahr, psychology department

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z.moini@semnan.ac.ir

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Semnan University

Full name of responsible person

S. Sadodin

Street address

Central Administration of Semnan University, Campus 1, Semnan,

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psychology @ semnan.ac.ir

Grant name

Grant code / Reference number

Is the source of funding the same sponsor organization/entity?

Yes

Title of funding source

Semnan University

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

University of Semnan

Full name of responsible person

Siavash Talepasand

Position

Associate Professor

Latest degree

Ph.D.

Other areas of specialty/work

Psychology

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Person responsible for scientific inquiries

Contact

Name of organization / entity

University of Semnan

Full name of responsible person

Siavash Talepasand

Position

Associate Professor

Latest degree

Ph.D.

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Person responsible for updating data

Contact

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PhD student

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Other areas of specialty/work

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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

Will be provided upon request.

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

Not applicable

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