

Clinical Trial Protocol

Iranian Registry of Clinical Trials

17 Sep 2026

Effectiveness of Emotional Regulation Training in Cognitive Disorders and Emotional Failure and General Health of Students with Attention Deficit / Hyperactivity Disorder in Secondary School

Protocol summary

Study aim

Investigating the Effectiveness of Educational Regulation on Emotional Bernardia and Emotional Failure and General Health of Students with Attention Deficit / Hyperactivity Disorder in Second Grade High School

Design

This research was a pre-test-post-test project with the control group. To achieve this, after selecting the statistical population, it was selected from the dual education areas of Urmia city, region 1, based on coin toss. Among the second grade high schools in District One, two boys 'schools and two girls' schools were selected by lottery, and in each school, one class from each second grade high school with individual number (even and odd classes) were chosen.

Settings and conduct

The statistical population of the study includes all high school students in Urmia

Participants/Inclusion and exclusion criteria

Studying in the second year of high school and having attention deficit disorder - hyperactivity

Intervention groups

Experimental group: Treatment protocol based on Gross model in 8 sessions: sessions1: Introduction of group members to each other, sessions2: Recognition of emotions and motivating situations, sessions3: Self-assessment with the aim of recognizing emotional experiences, vulnerabilities and regulatory strategies, sessions 4: A) Preventing Social Isolation and Teaching Problem Solving Strategies and Interpersonal Skills, sessions5: Stopping Mental Illness and Concerns Session 6: Identifying Wrong Evaluations and Their Effects, sessions 7: Identifying Emotional Consequences; sessions8: Assessing Rate 8 Achieving individual and group goals, control group: pre-test and re-test with post-test

Main outcome variables

Using research results to improve students' health, quality of life and self-efficacy.

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20200223046599N1**

Registration date: **2020-04-18, 1399/01/30**

Registration timing: **retrospective**

Last update: **2020-04-18, 1399/01/30**

Update count: **0**

Registration date

2020-04-18, 1399/01/30

Registrant information

Name

Sakineh Behravan

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 44 3367 6791

Email address

s.behravan@iaukishint.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2019-11-20, 1398/08/29

Expected recruitment end date

2019-12-20, 1398/09/29

Actual recruitment start date

2019-12-21, 1398/09/30

Actual recruitment end date

2020-03-14, 1398/12/24
Trial completion date
 2020-09-19, 1399/06/29

Scientific title
 Effectiveness of Emotional Regulation Training in Cognitive Disorders and Emotional Failure and General Health of Students with Attention Deficit / Hyperactivity Disorder in Secondary School

Public title
 Evaluation of emotion regulation training in attention deficit disorder - youth hyperactivity

Purpose
 Treatment

Inclusion/Exclusion criteria
Inclusion criteria:
 Having clinical symptoms of attention deficit hyperactivity disorder Having cognitive impairment Cognitive failure Study in the second year of high school
Exclusion criteria:
 Studying in high school in high school Lack of attention deficit disorder - and hyperactivity Out of age 16 and 18 years

Age
 From **16 years** old to **18 years** old

Gender
 Both

Phase
 N/A

Groups that have been masked
No information

Sample size
 Target sample size: **240**
 Actual sample size reached: **30**

Randomization (investigator's opinion)
 Randomized

Randomization description
 Among the dual education districts of Urmia, District 1 was selected based on coin toss. Among the second grade high schools in District One, two boys' schools and two girls' schools were selected by lottery, and in each school, one class from each second grade high school with individual number (even and odd classes) were chosen.

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 Hormozgan University of Medical Sciences
Street address
 Hormozgan University of Medical Sciences, Shahid Chamran Boulevard, Bandar Abbas, Irani
City
 Bandaabas
Province
 Hormozgan
Postal code
 5719198853
Approval date
 2019-12-06, 1398/09/15
Ethics committee reference number
 IR.HUMS.REC.1398.342

Health conditions studied

1

Description of health condition studied
 attention deficit hyperactivity disorder
ICD-10 code
 F90.2
ICD-10 code description
 (تظاهرات بالینی مرکب)هم تکانشی و هم بی توجهی

Primary outcomes

1

Description
 Attention deficit hyperactivity disorder condition
Timepoint
 Will be done from 20/11/19 to15/12/19 before intervention and two weeks after intervention.
Method of measurement
 Through the questionnaire

2

Description
 Cognitive failure
Timepoint
 Will be done from 20/11/19 to15/12/19 before intervention and two
Method of measurement
 Through the questionnaire

3

Description
 Emotional failure
Timepoint
 Will be done from 20/11/19 to15/12/19 before intervention and two
Method of measurement
 Through the questionnaire

4	Farhangiyan Clinic
Description	Full name of responsible person
general health	Sakineh Behravan
Timepoint	Street address
Will be done from 20/11/19 to 15/12/19 before intervention and two	Urmia, Kashani Street. Farhangian Clinic
Method of measurement	City
Through the questionnaire	Urmia
	Province
	West Azarbaijan
	Postal code
	5719198853
	Phone
	+98 44 3367 6791
	Email
	sakinehbehravab@gmail.com
Secondary outcomes	
empty	
Intervention groups	

1	Sponsors / Funding sources
Description	1
Intervention group: Intervention group: Group of 15 selected for treatment, and treatment protocol based on Gross model will be administered in eight sessions for experimental group. The first session: Introducing the members of the group to each other and starting the relationship between the group leader and the members and doing exercises with the aim of getting to know each other. Short-term and long-term emotions of the third session: 1-Self-assessment with the aim of recognizing one's emotional experiences 2-Self-assessment with the aim of identifying the level of emotional vulnerability in the individual 3 Preventing social isolation and avoiding b) Teaching problem-solving strategies c) Teaching interpersonal skills (Dialogue, Expression, and Conflict Resolution) Session 5: 1) Stop the mental rumination and worry 2) Learn to pay attention to the sixth session: 1) Identify the wrong evaluations and their effects on emotional states 2) Teach the strategy of re-evaluation of the seventh session: Preventing and examining its emotional consequences 2) Confrontation 3) Emotional expression training 4) Behavior modification by changing environmental enhancers 5) Emotional evacuation training, relaxation and reverse action of the eighth session: 1) Evaluating the achievement of individual and group goals 2) Application of skills learned in natural environments outside the meeting 3) Investigating and removing barriers to homework.	Sponsor
	Name of organization / entity
	Islamic Azad University
	Full name of responsible person
	Hasan Ahadi
	Street address
	Abouzar Boulevard, Pirouzi Street, Greater Tehran
	City
	Tehran
	Province
	Tehran
	Postal code
	5719198853
	Phone
	+98 44 3367 6791
	Email
	Drhahadi5@gmail.com
Category	Grant name
Behavior	Grant code / Reference number
	Is the source of funding the same sponsor organization/entity?
	No
	Title of funding source
	Islamic Azad 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

Recruitment centers	Person responsible for general inquiries
1	Contact
Recruitment center	Name of organization / entity
Name of recruitment center	Islamic Azad University
	Full name of responsible person

Sakineh Behravan

Position

PhD student

Latest degree

Ph.D.

Other areas of specialty/work

Psychology

Street address

West Azerbaijan Province, Urmia, Department of Education, General Directorate of Health and Wellness

City

Urmia

Province

West Azarbaijan

Postal code

5719198853

Phone

00983676790

Email

sakinehbehravan@gmail.com

Person responsible for scientific inquiries

Contact

Name of organization / entity

Islamic Azad University

Full name of responsible person

Sakineh Behravan

Position

Consolant

Latest degree

Ph.D.

Other areas of specialty/work

Psychology

Street address

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5719198853

Phone

00983676791

Email

sakinehbehravan@gmail.com

Person responsible for updating data

Contact

Name of organization / entity

Islamic Azad University

Full name of responsible person

Sakineh Behravan

Position

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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

The community is a statistic related to the Department of Education and publication is at the discretion of the Department.

Study Protocol

No - There is not a plan to make this available

Statistical Analysis Plan

Not applicable

Informed Consent Form

No - There is not a plan to make this available

Clinical Study Report

Not applicable

Analytic Code

Not applicable

Data Dictionary

Not applicable