# Clinical Trial Protocol
# Iranian Registry of Clinical Trials

18 Sep 2026

## Comparing the Effectiveness of Positivist Psychology Education and Cognitive-Behavioral Therapy through Emotion Regulation on Cognitive Flexibility, Cognitive Strategies of Emotion Regulation, Impulsivity, and Social Well-Being of Male Adolescents with Conduct Disorder

## Protocol summary

**Study aim**

Comparing the Effectiveness of Positivist Psychology Education and Cognitive-Behavioral Therapy through Emotion Regulation on Cognitive Flexibility, Cognitive Strategies of Emotion Regulation, Impulsivity, and Social Well-Being of Male Adolescents with Conduct Disorder in the Correctional Center

**Design**

Clinical trial with control group, 3 parallel groups, non-randomized,. 45 people are selected. 15 people in experimental group one (cognitive-behavioral interventions based on emotion regulation), 15 people in experimental group two (positive psychology training interventions) and 15 people in the control group.

**Settings and conduct**

in the Correctional Center, Ahvaz. The study uses an applied and quasi-experimental research method with a pre-test-post-test design along with a control group. The research consists of two experimental groups and a control group. The experimental groups are affected by cognitive-behavioral interventions based on emotion regulation and positive psychology training for one month and the control group does not receive any training and intervention.

**Participants/Inclusion and exclusion criteria**

Admission requirements: Minimum entry age of the subjects is 15 years and maximum age is 18 years. Having the ability to read and write, equal to the second grade degree in primary high school. Accepting group rules and performing assigned tasks in each session. Exclusion criteria: Lack of criminal record; Absence of at least one criterion of conduct disorder within the last 6 months

**Intervention groups**

Positive psychology training intervention, Cognitive-behavioral therapy intervention, The control group will not receive any training.

**Main outcome variables**

Reducing behavioral problems in the Correctional Center

## General information

**Reason for update**

**Acronym**

**IRCT registration information**

IRCT registration number: **IRCT20201221049781N1**
Registration date: **2021-01-13, 1399/10/24**
Registration timing: **prospective**

Last update: **2021-01-13, 1399/10/24**
Update count: **0**

**Registration date**

2021-01-13, 1399/10/24

**Registrant information**


**Name**

Mohammad Reza Hekmat

**Name of organization / entity**

Islamic Azad University Ahvaz

**Country**

Iran (Islamic Republic of)

**Phone**

+98 61 3227 9747

**Email address**

mohammadhekmat2017@gmail.com


**Recruitment status**

**Recruitment complete**

**Funding source**

**Expected recruitment start date**

2021-01-21, 1399/11/02

**Expected recruitment end date**

2021-01-21, 1399/11/02

**Actual recruitment start date**

empty

**Actual recruitment end date**

empty

**Trial completion date**

empty

**Scientific title**

Comparing the Effectiveness of Positivist Psychology Education and Cognitive-Behavioral Therapy through Emotion Regulation on Cognitive Flexibility, Cognitive Strategies of Emotion Regulation, Impulsivity, and Social Well-Being of Male Adolescents with Conduct Disorder

**Public title**

Comparing the Effectiveness of Positivist Psychology Education and Cognitive-Behavioral Therapy through Emotion Regulation on Cognitive Flexibility, Cognitive Strategies of Emotion Regulation, Impulsivity, and Social Well-Being of Male Adolescents with Conduct Disorder.

**Purpose**

Education/Guidance

**Inclusion/Exclusion criteria**

**Inclusion criteria:**

Minimum entry age of the subjects is 15 years and maximum age is 18 years Having the ability to read and write, equal to the second grade degree in primary high school Accepting group rules and performing assigned tasks in each session

**Exclusion criteria:**

Lack of criminal record Absence of at least one criterion of conduct disorder within the last 6 months

**Age**

From **15 years** old to **18 years** old

**Gender**

Male

**Phase**

N/A

**Groups that have been masked**

*No information*

**Sample size**

Target sample size: **45**

**Randomization (investigator's opinion)**

Not randomized

**Randomization description**

**Blinding (investigator's opinion)**

Not blinded

**Blinding description**

**Placebo**

Not used

**Assignment**

Parallel

**Other design features**

Obtaining permission from the Organization of Prisons and coordinating with the supervisor of the center and the director of the correctional center, explaining the educational goals and raising the issue with the clients' families are among the measures to be taken.

## Secondary Ids

empty

## Ethics committees

### 1

**Ethics committee**

**Name of ethics committee**

Ethice cmmittee of Islamic Azad university

**Street address**

Islamic Azad University, Ahvaz Branch, Farhag shahr st,

**City**

Ahvaz

**Province**

Khouzestan

**Postal code**

61349-37333

**Approval date**

2020-11-18, 1399/08/28

**Ethics committee reference number**

IR.IAU.AHVAZ.REC.1399.049

## Health conditions studied

### 1

**Description of health condition studied**

Adolescents with Conduct Disorder

**ICD-10 code**

F91

**ICD-10 code description**

Conduct disorders

## Primary outcomes

### 1

**Description**

Cognitive Flexibility , Ability to change cognitive tests in order to adapt to changing environmental stimuli

**Timepoint**

Before the intervention and after the intervention

**Method of measurement**

Cognitive Flexibility Questionnaire,Dennis and Vanderwall

### 2

**Description**

Cognitive emotion regulation strategies،Emotion regulation is a special form of self-regulation

**Timepoint**

Before the intervention and after the intervention

**Method of measurement**

Garnfsky Cognitive Emotion Regulation Questionnaire

### 3

**Description**

Impulsivity، Human behavior without sufficient thinking and quick action of the mind without foresight and judgment

**Timepoint**

Before the intervention and after the intervention

**Method of measurement**

Barat Impulsivity Questionnaire .

**4**

**Description**

Well-being Social ، Assess and recognize the individual from how he / she functions in the community and the quality of his / her relationships with other people

**Timepoint**

Before the intervention and after the intervention

**Method of measurement**

Keyes, Well-being Social Questionnaire

## Secondary outcomes

empty

## Intervention groups

**1**

**Description**

Control group: The control group will not receive any training and no intervention will be provoked

**Category**

Behavior

**2**

**Description**

Intervention group: Positive psychology training intervention, the first session: establishing a therapeutic relationship and familiarizing group members with the assumptions and objectives of the research and handing out questionnaires. The second session: examining the capabilities of the members based on the checklist of the third session: Developing positive abilities and emotions. Fourth Session: Investigating the technique of good memories versus bad memories. Fifth meeting: Teaching forgiveness and neutralizing negative emotions. Sixth session: Teaching appreciation and reviewing the previous session and the seventh session: Teaching satisfaction against wanting more. Session 8: loving and attachment and strengthening interpersonal relationships. Session 9: troubleshooting and teaching concepts and delivering questionnaires.

**Category**

Behavior

**3**

**Description**

Intervention group: Cognitive-behavioral therapy intervention, session 1: Familiarity of subjects with the objectives of the research and delivery of questionnaires. second session . Recognize the types of excitement and aroused situations. third session . Assess the emotional vulnerability of members. fourth Session . Anger control skills training. fifth meeting . Review pre-session practice and assertiveness skills training. Sixth Session. Teaching the skill of changing attention and controlling rumination. Seventh session. Investigating the behavioral consequences of emotions. Session 8: Reassess and remove obstacles. The ninth session. Fixed bugs and concepts taught and delivered questionnaires.

**Category**

Behavior

## Recruitment centers

**1**

**Recruitment center**

**Name of recruitment center**

Ahvaz Correctional Center

**Full name of responsible person**

Mohammad Reza Hekmat

**Street address**

Enghelab Street, Khorramshahr Tee, Ahvaz Correctional Center

**City**

Ahvaz

**Province**

Khouzestan

**Postal code**

6178687865

**Phone**

+98 61 3227 9747

**Fax**

+98 61 3227 9747

**Email**

mohammadhekmat2017@gmail.com

**Web page address**

http://iauahvaz.ac.i

## Sponsors / Funding sources

**1**

**Sponsor**

**Name of organization / entity**

Islamic Azad University

**Full name of responsible person**

Ashkan Ghafouri

**Street address**

Islamic Azad University, Farhangshahr, Golestan Boulevard, Ahvaz,

**City**

Ahvaz

**Province**

Khouzestan

**Postal code**

34937333

**Phone**

+98 61 3334 8420

**Fax**

**Email**

info@iauahvaz.ac.ir

**Web page address**

http://iauahvaz.ac.i

**Grant name**

Islamic Azad University

**Grant code / Reference number**

دانشگاه آزاد اسلامی

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

Yes

**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**

Other

## Person responsible for general inquiries

**Contact**

**Name of organization / entity**

Islamic Azad University

**Full name of responsible person**

-Mohammad Reza Hekmat

**Position**

Student

**Latest degree**

Master

**Other areas of specialty/work**

Psychology

**Street address**

Correction Center, Enghelab St., Ahvaz

**City**

Ahvaz

**Province**

Khouzestan

**Postal code**

6178637865

**Phone**

+98 61 3227 9747

**Email**

mohammadhekmat2017@gmail.com

## Person responsible for scientific inquiries

**Contact**

**Name of organization / entity**

Islamic Azad University

**Full name of responsible person**

Reza Pasha

**Position**

Associate Professor

**Latest degree**

Ph.D.

**Other areas of specialty/work**

Psychology

**Street address**

Islamic Azad University, Ahvaz Branch, Farhag shahr st,

**City**

Ahvaz

**Province**

Khouzestan

**Postal code**

61349-3733

**Phone**

0098 61 33348420-4

**Fax**

**Email**

g.rpasha@yahoo.com

**Web page address**

http://iauahvaz.ac.i

## Person responsible for updating data

**Contact**

**Name of organization / entity**

Islamic Azad University

**Full name of responsible person**

Mohammad Reza Hekmat

**Position**

Student

**Latest degree**

Master

**Other areas of specialty/work**

Psychology

**Street address**

Correction Center, Enghelab St., Ahvaz

**City**

Ahvaz

**Province**

Khouzestan

**Postal code**

6178637865

**Phone**

+98 61 3227 9747

**Fax**

+98 61 3227 9747

**Email**

mohammadhekmat2017@gmail.com

## Sharing plan

**Deidentified Individual Participant Data Set (IPD)**

Undecided - It is not yet known if there will be a plan to make this available

**Study Protocol**

Undecided - It is not yet known if there will be a plan to make this available

**Statistical Analysis Plan**

Undecided - It is not yet known if there will be a plan to make this available

**Informed Consent Form**

Undecided - It is not yet known if there will be a plan to make this available

**Clinical Study Report**

Undecided - It is not yet known if there will be a plan to make this available

**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