

Clinical Trial Protocol

Iranian Registry of Clinical Trials

18 Jul 2026

The Effectiveness of Emotion cognitive regulation Training in Impulsivity and Attitude toward Addiction among Children of the addict

Protocol summary

Study aim

The effectiveness of cognitive emotion regulation training in reducing impulsivity and addiction in children of addicts

Design

This clinical trial study will have two groups of intervention and control. The number of samples in each group will be 12 persons. Simple randomization will be done using a random number table and individually. Scores of cognitive regulation of emotion, the tendency to addiction, and impulsivity will be recorded after the end of the intervention period.

Settings and conduct

The psychiatric clinic of Islamic Azad University, Zanjan branch will be the place of experiment. In this experiment, the intervention group will receive cognitive regulation training for 3 months. Allocation concealment of the samples will be using closed envelopes.

Participants/Inclusion and exclusion criteria

Inclusion criteria: Having a drug-addicted parent High score of addiction The low score of impulsivity Parental satisfaction Exclusion criteria: Taking drugs for mental illness

Intervention groups

The sample size of this group will be 12 people. In this group, cognitive regulation training based on the protocol of cognitive regulation and emotion will be held for 10 sessions, once a week for three months.

Main outcome variables

The cognitive regulation of emotion score The tendency to addiction score The impulsivity score

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20210204050236N1**

Registration date: **2021-02-13, 1399/11/25**

Registration timing: **prospective**

Last update: **2021-02-13, 1399/11/25**

Update count: **0**

Registration date

2021-02-13, 1399/11/25

Registrant information

Name

Leila Ali Hossein Maslak

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 28 3333 3421

Email address

maslakleila04@gmail.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2021-03-05, 1399/12/15

Expected recruitment end date

2021-03-15, 1399/12/25

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The Effectiveness of Emotion cognitive regulation Training in Impulsivity and Attitude toward Addiction among Children of the addict

Public title

Emotion cognitive regulation Training in Impulsivity and Attitude toward Addiction

Purpose

Prevention

Inclusion/Exclusion criteria**Inclusion criteria:**

Having a drug addicted parent High score of addiction

Low score of impulsivity Parental satisfaction

Exclusion criteria:

Taking drugs for mental illness

Age

From **12 years** old to **18 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **24**

Randomization (investigator's opinion)

Randomized

Randomization description

1) Simple randomization was performed using a random number table and individually. Random even numbers were considered for the intervention group and odd numbers for the control group. Random numbers were also selected by individuals. Thus, each person selected a number from the table of random numbers. If this number was even, he would be in the intervention group, and if the selected random number was an odd number, he would be in the control group. 2) allocation concealment with using closed envelopes

Blinding (investigator's opinion)

Not blinded

Blinding description**Placebo**

Not used

Assignment

Single

Other design features**Secondary Ids**

empty

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

Ethics committee of Islamic Azad University, Zanjan

Branch

Street address

Shahid Mansoori St., Moallem St., Etemadiyah

City

Zanjan

Province

Zanjan

Postal code

58145-45156

Approval date

2020-11-21, 1399/09/01

Ethics committee reference number

IR.IAU.REC.1396.61

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

Impulsivity

ICD-10 code

R45.87

ICD-10 code description

Impulsiveness

2**Description of health condition studied**

Drug addiction

ICD-10 code

F19.20

ICD-10 code description

Other psychoactive substance dependence, uncomplicated

Primary outcomes**1****Description**

Cognitive regulation of excitement

Timepoint

Before the start and end of the training course

Method of measurement

Based on the Gross's model

2**Description**

Tendency to addiction

Timepoint

Before the start and end of the training course

Method of measurement

Based on a standard questionnaire

3**Description**

Impulsivity

Timepoint

Before the start and end of the training course

Method of measurement

Based on the Bart's impulsivity questionnaire

Secondary outcomes

empty

Intervention groups**1****Description**

Intervention group: The sample size of this group will be 12 people. In this group, cognitive regulation training based on the Gross's (2007) protocol of cognitive regulation and emotion will be held for 10 sessions, once a week for three months. The program of ten sessions will be as follows: Pre-tests and expressing the necessity of using emotion regulation in life, defining and recognizing types of emotions, training ways to increase positive experiences, ways to reduce negative emotions, identify wrong assessments and their effects on emotional states, identify the extent and method of using the inhibition strategy and examine its emotional consequences, conscious attention to the current emotion, training to re-evaluate and express positive and negative emotions, training to evaluate emotions and pay attention to the consequences of each emotion, change negative emotions, the summary educational content of past sessions and post-test implementation.

Category

Prevention

2

Description

Control group: The sample size of this group will be 12 people. There was no intervention in this group.

Category

Prevention

Recruitment centers

1

Recruitment center

Name of recruitment center

Psychotherapy Clinic of Islamic Azad University, Zanzan Branch

Full name of responsible person

Leila Ali Hossein Maslak

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maslakleila04@gmail.com

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Islamic Azad University

Full name of responsible person

Mahdi Rahnema

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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

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

Person responsible for general inquiries

Contact

Name of organization / entity

Islamic Azad University

Full name of responsible person

Qamar Kiani

Position

Associate professor

Latest degree

Ph.D.

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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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

There is no more information.

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

No - There is not a plan to make this available

Clinical Study Report

Yes - There is a plan to make this available

Analytic Code

Not applicable

Data Dictionary

Not applicable

Title and more details about the data/document

Information about the main variables can be shared.

When the data will become available and for how long

Two years after the publication of the results.

To whom data/document is available

Researchers in academic and scientific institutions

Under which criteria data/document could be used

The data will only be sent for new analysis.

From where data/document is obtainable

Leila Ali Hossein Maslak

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

Send a request email to the person in charge of the experiment

Comments