

Clinical Trial Protocol

Iranian Registry of Clinical Trials

18 Sep 2026

The effect of metacognitive strategies training on the health anxiety and mental health of students.

Protocol summary

Study aim

The effect of teaching metacognitive strategies on health anxiety and psychiatric students of Mashhad University of Medical Sciences

Design

A randomized controlled clinical trial on 56 students used a random number table.

Settings and conduct

The statistical population is all students of Mashhad University of Medical Sciences. After the project is registered in the University Ethics Committee and the Clinical Trial Center, students will be invited to participate in the project in cyberspace and students interested in research will register. If they meet the inclusion criteria, they will enter the study. Individuals are randomly divided into two groups of intervention and control (based on the method of random permutation blocking). For the intervention group, 8 sessions of metacognitive strategies training Minutes of online meetings will be held on Skype.

Participants/Inclusion and exclusion criteria

Participants of students of Mashhad University of Medical Sciences, Admission requirements: Student of Mashhad University of Medical Sciences Absence of psychiatric disorder (short interview with each person to ensure that there is no psychiatric disorder) Having conscious satisfaction from participating in research Age range 18 to 30 years Conditions for non-entry: Participation in similar training programs in the last 6 months Having a mental disorder (psychotic disorder, bipolar disorder, major depression, suicide attempt ...)

Intervention groups

The intervention group receives 8 sessions of metacognitive strategies training, The control group does not receive any intervention.

Main outcome variables

Health anxiety; mental health

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20210424051070N1**

Registration date: **2021-08-06, 1400/05/15**

Registration timing: **registered_while_recruiting**

Last update: **2021-08-06, 1400/05/15**

Update count: **0**

Registration date

2021-08-06, 1400/05/15

Registrant information

Name

Nafise Nouri Siahdasht

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 58 3646 0106

Email address

nourisn981@mums.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2021-08-01, 1400/05/10

Expected recruitment end date

2021-08-11, 1400/05/20

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of metacognitive strategies training on the health anxiety and mental health of students.	
Public title	"The effect of metacognitive strategies training on the health anxiety and mental health of students"
Purpose	Education/Guidance
Inclusion/Exclusion criteria	Inclusion criteria: Student of Mashhad university of medical science Absence of psychiatric disorder(A short interview is conducted with each person to ensure that there is no disorder) Absence of effective physical disorder Having conscious satisfaction from participating in research Age range 18-30 year Exclusion criteria: acute psychiatric disorder that makes it difficult to participate in treatment (such as bipolar disorder, major depression, psychotic disorders, suicide attempt). Participate in similar training programs in the last 6 months
Age	From 18 years old to 30 years old
Gender	Both
Phase	N/A
Groups that have been masked	No information
Sample size	Target sample size: 56
Randomization (investigator's opinion)	Randomized
Randomization description	For randomization, the permutation random blocking method is used. In this method, 14 blocks of 4 from a combination of letters A and B will be randomly selected. These blocks are AABB, ABBA, BBAA, BAAB, ABAB, BABA. The blocks are selected in such a way that the following numbers are assigned to the blocks: 1:AABB 2:ABBA 3:BBAA 4:BAAB 5:ABAB 6:BABA Then 14 one-digit random numbers are selected from the table of random numbers. If the number 7 8 9 is among these digits, they will be deleted. In this way, 14 blocks are selected. Assigning the letters A and B to the intervention and control groups will be done randomly before randomization and the data analyst will be unaware of the intervention and control groups. Having a list of people (a list of 56 people who are going to participate in the project), the researcher assigns a numeric code to each person. It then provides the anonymous list of members (containing only the numeric code) to the sample assignor to the groups. The sample assignee to the groups first prepares the selected blocks as described, writes them on separate sheets of paper (14 separate sheets), and places them in sealed envelopes. It then randomly selects the envelopes and, based on the previously selected codes A and B, determines the numerical code number of the individuals assigned to intervention A and B and provides it to the researcher. For example, if the BABA block is selected first, the first
	person on the list will be assigned to group B, the second person to group A, the third person to group B, and the fourth person to group A. Similarly, person 5 to 56 will be assigned to groups A and B. 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 Mashhad University of Medical Sciences Street address University Street, next to Hoveyze Cinema, Ghorashi Building, Deputy of Research and Technology City Mashhad Province Razavi Khorasan Postal code 9138813944 Approval date 2021-03-13, 1399/12/23 Ethics committee reference number IR.MUMS.MEDICAL.REC.1399.826
Health conditions studied	1 Description of health condition studied Anxiety and mental health of students ICD-10 code ICD-10 code description
Primary outcomes	1 Description Health anxiety Timepoint Beginning and end of the intervention Method of measurement Salkovskis and Warwick Health Anxiety Questionnaire 2 Description

Mental health
Timepoint
Beginning and end of the intervention
Method of measurement
GHQ-28 General Health Questionnaire

Secondary outcomes

empty

Intervention groups

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Description

Intervention group: Teaching metacognitive strategies in 8 sessions for one hour twice a week. The content of the meetings is as follows: Session 1: Welcoming and getting to know the members, introducing the members to each other, getting to know the rules of the group and the training course, explaining the goals, introducing metacognitive intervention Session 2: Familiarity with the metacognitive model of beliefs related to uncontrollable anxiety, Homework: Paying attention to dissociative awareness and postponing worry Session 3: Uncontrollable verbal and behavioral re-documentation, Homework: Continue to postpone the concern and introduce the loss control test and introduce the loss test Session 4: Identify and stop mismatch control avoidance behaviors, Homework: Continue to procrastinate and try to lose control Session 5: Challenging Beliefs Related to Uncontrollable Anxiety - Challenging Negative Beliefs Related to the Danger of Worry, Homework: A test of intentional anxiety to assess whether anxiety is dangerous Session 6: Challenging Negative Beliefs Related to the Danger of Concern_Experimenting, Homework: Behavioral tests to challenge beliefs related to the dangers of worry Session 7: Challenging with positive metacognitive beliefs, Homework: An inconsistent strategy or other experiment to challenge positive metacognitive beliefs Session 8: Summary of treatment and completion of treatment plan Homework: Specify the continuity of use .

Category

N/A

2

Description

Control group: The control group does not receive any intervention.

Category

Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Mashhad University of Medical Sciences, medical school

Full name of responsible person

Nafise nouri Siahdasht

Street address

Khaghani19, Mashhad

City

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Province

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Email

MDS.Dean@mums.ac.ir

Web page address

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Mashhad University of Medical Sciences

Full name of responsible person

فرهاد فعال

Street address

Shahid Fakoory Boulevard, between Shahid Javan and Al-Shahidi Squares, Danesh va Salamat Town, second floor

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9177899191

Phone

+98 51 3879 5031

Email

vcr.pr@mums.ac.ir

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Mashhad University of Medical Sciences

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

Mashhad University of Medical Sciences

Full name of responsible person

Nafise nouri Siahdasht

Position

Student

Latest degree

Bachelor

Other areas of specialty/work

Psychology

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Person responsible for scientific inquiries

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Latest degree

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Other areas of specialty/work

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Person responsible for updating data

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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

Due to the dissatisfaction of the research participants with the publication of the results, the results will not be published.

Study Protocol

No - There is not 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

No - There is not a plan to make this available

Clinical Study Report

No - There is not a plan to make this available

Analytic Code

No - There is not a plan to make this available

Data Dictionary

No - There is not a plan to make this available