

Clinical Trial Protocol

Iranian Registry of Clinical Trials

11 Sep 2026

The efficacy of cognitive behavioral therapy of Internet addiction in problematic social network users

Protocol summary

Problematic use of social networks, Depression anxiety stress, Quality of life of users

Study aim

Determining the Efficacy of CBT-IA Therapy in Reducing Problematic Use of Social Networks in Users

Design

The clinical trial have a control group, with parallel groups, double-blind, randomized, on 30 patients. Individuals will be divided into two groups using restricted randomization method with random allocation rule.

Settings and conduct

After identifying problematic users of social networks using a standard deviation higher than the mean score in the adapted version of the Facebook Addiction Questionnaire and clinical interview, sample people are invited to the medical centers of the University of Social Welfare and Rehabilitation Sciences in Tehran. The informed consent form was received from the participants and then they will be randomly treated in two groups by a clinical psychologist. All people are evaluated before and after treatment.

Participants/Inclusion and exclusion criteria

Entry conditions: 1. Individuals aged 18 years and above. 2. A standard deviation above the mean in the adapted version of the Bergen Facebook Addiction Questionnaire and the diagnosis of PSNU based on a clinical interview. Non-entry conditions: 1. Having suicidal thoughts 2. High cut-off score on the Depression Anxiety Stress Scale-21 (DASS-21)

Intervention groups

Cognitive Behavioral Therapy for internet addiction : It consists of 12 weekly sessions. The initial focus is on behavioral techniques targeting specific behaviors and situations. In the second stage, the focus is more on cognitive assumptions and distortions, and its techniques include evaluating the type of cognitive distortions, problem solving skills, and teaching coping strategies. The final stage involves addressing underlying problems and comorbid disorders, if present.

Main outcome variables

General information

Reason for update

Acronym

CBT-IA & PSNU

IRCT registration information

IRCT registration number: **IRCT20210422051043N1**

Registration date: **2024-10-02, 1403/07/11**

Registration timing: **registered_while_recruiting**

Last update: **2024-10-02, 1403/07/11**

Update count: **0**

Registration date

2024-10-02, 1403/07/11

Registrant information

Name

Afsane Yoosefi

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 21 7708 2415

Email address

af.yoosefi@uswr.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2024-09-22, 1403/07/01

Expected recruitment end date

2025-03-15, 1403/12/25

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date
empty

Scientific title
The efficacy of cognitive behavioral therapy of Internet addiction in problematic social network users

Public title
Effect of cognitive behavioral therapy in social network addiction

Purpose
Treatment

Inclusion/Exclusion criteria
Inclusion criteria:
 Being over 18 years old A standard deviation above the mean in the adapted version of the Bergen Facebook Addiction Questionnaire and the diagnosis of PSNU based on a clinical interview
Exclusion criteria:
 Having suicidal thoughts High cut-off score on the Depression Anxiety Stress Scale-21 (DASS-21)

Age
From **18 years** old

Gender
Both

Phase
3

Groups that have been masked

- Participant
- Outcome assessor
- Data analyser

Sample size
Target sample size: **30**

Randomization (investigator's opinion)
Randomized

Randomization description
In this study, the classification of sample individuals into two treatment and control groups will be done using Restricted randomization method through random allocation rule in the following way: after selecting 30 sample, 15 balls will be assigned to the control group and 15 balls to the treatment group, these balls will be placed in a lottery box and then randomly, without replacement, balls will be removed from the box and the sequence will be recorded.

Blinding (investigator's opinion)
Double blinded

Blinding description
In this study, all participants in the two treatment and control groups, the therapist who is responsible for pre-, during-, and post-treatment evaluations, and the data analyst are kept blind to the differences between the two treatment groups in terms of the type of interventions and which group each individual is assigned to.

Placebo
Not used

Assignment
Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Research Ethics Committee of University of Social Welfare and Rehabilitation Sciences

Street address

No. 5, Unit 5, Amin Complex, Second Central Corner, 20 meters from the mosque, Ghanat Kosar

City

Tehran

Province

Tehran

Postal code

1689917466

Approval date

2021-08-25, 1400/06/03

Ethics committee reference number

IR.USWR.REC.1400.138

Health conditions studied

1

Description of health condition studied

Problematic use of social networks

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description

Reducing the total score in the adapted version of the Bergen Facebook Addiction Questionnaire to less than one standard deviation below the mean score

Timepoint

Before the start of therapeutic interventions and after the end of therapeutic interventions

Method of measurement

Bergen Facebook Addiction Scale

2

Description

Increase the quality of life above the cutoff point

Timepoint

Before starting therapeutic interventions and after the end of therapeutic interventions

Method of measurement

The World Health Organization quality of Life (WHOQOL-BREF) questionnaire

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: This group will undergo cognitive behavioral therapy for Internet addiction (CBT-IA). CBT-IA treatment introduced by Young et al. (2011) includes elements of traditional Cognitive Behavioral Therapy (CBT) and internet-related interventions to address internet addiction. This treatment is conducted over 12 weekly sessions, consisting of three phases: 1) behavioral modification 2) cognitive restructuring 3) harm reduction.

Category

Treatment - Other

2

Description

Control group: Control group: without therapeutic intervention. However, after completing the assessments, CBT-IA will be administered to the control group at 12 weeks.

Category

Treatment - Other

Recruitment centers

1

Recruitment center

Name of recruitment center

University of Social welfare and rehabilitation science

Full name of responsible person

Afsane Yoosefi

Street address

No. 5, Unit 5, Amin Complex, Second Central Corner, 20 meters from the mosque, Ghanat Kosar

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Email

yoosefi.afsan@gmail.com

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Cognitive Sciences and Technologies Council

Full name of responsible person

Majid Nili Ahmadabadi

Street address

No. 3, third floor, Ostad Daryabandari Street (Armaghan Gharbi), above Niayesh Intersection, Vali Asr Street

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Grant name

Grant code / Reference number

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

No

Title of funding source

Cognitive Sciences and Technologies Council

Proportion provided by this source

50

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

2

Sponsor

Name of organization / entity

University of social welfare and rehabilitation sciences

Full name of responsible person

Ghonche Raheb

Street address

Research Center for Substance Abuse and Dependency, third floor, Farabi Building, University of Rehabilitation Sciences and Social Health., Koodakiar Ave., Daneshju Boulevard., Evin

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1985713871

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sadrc@uswr.ac.ir

Grant name

Grant code / Reference number

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

No

Title of funding source

University of social welfare and rehabilitation sciences

Proportion provided by this source

50

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 social welfare and rehabilitation sciences

Full name of responsible person

Afsane Yoosefi

Position

PhD Student

Latest degree

Master

Other areas of specialty/work

Psychology

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Latest degree

Master

Other areas of specialty/work

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Person responsible for updating data**Contact****Name of organization / entity**

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

Yes - There is a plan to make this available

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

Yes - There is 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

The data is presented in the form of individuals' scores in pre- and post-treatment assessments in both groups in a way that individuals' identities are unidentifiable, and it is provided in an Excel file.

When the data will become available and for how long

Access period begins 6 months after the publication of results and lasts for one year.

To whom data/document is available

Information is available for professionals, researchers, and therapists in the fields of psychology, psychiatry and cognitive sciences.

Under which criteria data/document could be used

Researchers in the field of addictive behavior under the following conditions: Keeping the data confidential and not disclosing it; Not using the data for writing scientific research articles or participating in scientific conferences

From where data/document is obtainable

Afsane Yoosefi. Email address: yoosefi.afsan@gmail.com

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

درخواست هایی که از طریق ایمیل دریافت شده اند، توسط تیم پژوهشی مورد بررسی قرار می گیرند و در صورت تایید درخواست در مدت زمان 1 تا 2 هفته ارسال داده ها انجام خواهد شد.

Comments