

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

10 Jun 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

##### City

Tehran

##### Province

Tehran

##### Postal code

1689917466

##### Phone

+98 912 795 8166

##### 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

#### City

Tehran

#### Province

Tehran

#### Postal code

۱۹۶۷۸۷۵۳۱۹

#### Phone

+98 21 6622 0770

#### Email

yoosefi.afsan@gmail.com

#### 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

##### City

Tehran

##### Province

Tehran

##### Postal code

1985713871

##### Phone

+98 21 7173 2853

##### Email

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

**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

**Phone**

+98 21 7706 8825

**Email**

yoosefi.afsan@gmail.com

**Person responsible for scientific 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

**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

**Phone**

+98 21 7706 8825

**Email**

yoosefi.afsan@gmail.com

**Person responsible for updating data****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

**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

**Phone**

+98 21 7706 8825

**Email**

yoosefi.afsan@gmail.com

**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**