Clinical Trial Protocol
Iranian Registry of Clinical Trials

16 Sep 2026

The Effect of Emotional Intelligence Training on Symptoms Severity in Patients with Somatic Symptom Disorder

Protocol summary

Study aim
The Effect of Emotional Intelligence Training on Symptoms Severity in Patients with Somatic Symptom Disorder

Design
45 people with criteria for entering the easy (available) sampling method are selected and after explaining the goals and method of research, enter the study. After completing the form of demographic variables, emotional intelligence test and physical symptom disorder test are taken from all patients and their scores are recorded. After holding emotional intelligence trainings, emotional intelligence test and severity of physical symptoms are taken and recorded from patients again and the mean score of emotional intelligence and severity of physical symptoms before and after the intervention are compared and evaluated.

Settings and conduct
Patients with physical symptoms disorder in clinics and psychiatric and psychosomatic wards of Qazvin province are included in this study based on inclusion criteria. The diagnosis of the disorder is made based on the clinical interview of a psychiatrist according to the DSM-5 criteria.

Participants/Inclusion and exclusion criteria
Clinical diagnosis of physical symptoms disorder based on a psychiatrist opinion Age between 18 and 65 years. Minimum literacy. Volunteer to participate in the study. ; Lack of patient cooperation in the process of completing questionnaires or training classes. Occurrence of acute phase of mood disorder or anxiety during the study period. Existence of cognitive impairment. Disorders of substance use during the study period based on patient history.

Intervention groups
Emotional intelligence training classes

Main outcome variables
Severity of physical symptoms by SOMS-7 questionnaire
Emotional Intelligence

General information

Reason for update

Acronym

IRCT registration information
IRCT registration number: **IRCT20220424054630N1**
Registration date: **2022-04-30, 1401/02/10**
Registration timing: **retrospective**

Last update: **2022-04-30, 1401/02/10**
Update count: **0**

Registration date
2022-04-30, 1401/02/10

Registrant information

Name
ALI KHREISS

Name of organization / entity

Country
Iran (Islamic Republic of)

Phone
+98 28 3369 7921

Email address
dr.alikhreiss@gmail.com

Recruitment status
Recruitment complete

Funding source

Expected recruitment start date
2021-03-21, 1400/01/01

Expected recruitment end date
2022-03-21, 1401/01/01

Actual recruitment start date
2021-03-21, 1400/01/01

Actual recruitment end date
2022-03-21, 1401/01/01

Trial completion date
2022-03-21, 1401/01/01

Scientific title

The Effect of Emotional Intelligence Training on Symptoms Severity in Patients with Somatic Symptom Disorder

Public title
The Effect of Emotional Intelligence Training on Somatic Symptom Disorder
Purpose
Education/Guidance
Inclusion/Exclusion criteria
Inclusion criteria:
clinical diagnosis of physical symptoms based on a psychiatrist Opinion Age between 18 and 65 years Minimum literacy Volunteer to participate in the study
Exclusion criteria:
Lack of patient cooperation in the process of completing questionnaires or training classes Occurrence of acute phase of mood disorder or anxiety during the study period Existence of cognitive impairment Disorders of substance use during the study period based on patient history
Age
From **18 years** old to **65 years** old
Gender
Both

Phase
N/A
Groups that have been masked
No information
Sample size
Target sample size: **45**
Actual sample size reached: **45**
Randomization (investigator's opinion)
N/A
Randomization description
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 Qazvin University of Medical Sciences
Street address
Bahonar Boulevard
City
Qazvin
Province
Qazvin
Postal code
3419759811
Approval date
2021-09-18, 1400/06/27
Ethics committee reference number
IR.QUMS.REC.1400.258

Health conditions studied

1

Description of health condition studied
Somatic symptoms disorder
ICD-10 code
ICD-10 code description

Primary outcomes

1

Description
Emotional Intelligence
Timepoint
Before and after the intervention
Method of measurement
Questionnaire

Secondary outcomes

empty

Intervention groups

1

Description
Control group:45 people with criteria for entering the easy (available) sampling method are selected and after explaining the goals and method of research, enter the study. After completing the form of demographic variables, emotional intelligence test and physical symptom disorder test are taken from all patients and their scores are recorded. After holding emotional intelligence trainings, emotional intelligence test and severity of physical symptoms are taken and recorded from patients again and the mean score of emotional intelligence and severity of physical symptoms before and after the intervention are compared and evaluated.
Category
Rehabilitation

Recruitment centers

1

Recruitment center
Name of recruitment center
22 Bahman Hospital
Full name of responsible person
Ali Khreiss
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RahAhan Street
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Sponsors / Funding sources

1

Sponsor
Name of organization / entity
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Hosein Javdani
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h.javedani@qums.ac.ir
Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
Qazvin 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
Qazvin University of Medical Sciences
Full name of responsible person
Ali Khreiss
Position
medical intern
Latest degree
Medical doctor
Other areas of specialty/work
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Person responsible for updating data

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medical intern
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Qazvin

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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
No - There is not a plan to make this available
Statistical Analysis Plan
No - There is not 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