

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

25 Jun 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

###### Street address

RahAhan Street  
**City**  
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3419759811  
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hospital.bahman@yahoo.com

## Sponsors / Funding sources

### 1

#### Sponsor

**Name of organization / entity**  
Qazvin University of Medical Sciences  
**Full name of responsible person**  
Hosein Javdani  
**Street address**  
Bahonar Boulevard  
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**Email**  
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**  
Psychiatrics  
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Bahonar Boulevard  
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alikhriess@gmail.com

## Person responsible for scientific inquiries

#### Contact

**Name of organization / entity**  
Qazvin University of Medical Sciences  
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Hosein Javdani  
**Position**  
Assistant Professor of Psychiatry  
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Specialist  
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## Person responsible for updating data

#### Contact

**Name of organization / entity**  
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**Full name of responsible person**  
ali khriess  
**Position**  
medical intern  
**Latest degree**  
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**Other areas of specialty/work**  
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**Postal code**

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**Phone**

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**Email**

alikhriess@gmail.com

**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