Clinical Trial Protocol
Iranian Registry of Clinical Trials

09 Nov 2026

The Effectivness of Schema Mode Therapy on Emotional Maturity, Ambiguity tolerance and Ego Strength in the Students Suffered from Romantic relationship breakup

Protocol summary

Study aim
Determining the effectiveness of subjective schema therapy on my emotional maturity, ambiguity tolerance and strength in students with emotional failure.

Design
The current research is an experimental type with a pre-test-post-test design, with two control and experimental groups. Randomization was used on 30 students with emotional failure.

Settings and conduct
The statistical population of this research is all students of Rasht Azad University who experienced emotional failure. The participants will complete questionnaires of emotional maturity, ambiguity tolerance, self-strength or psychological strength, and love shock, and only the intervention group will be subjected to schema-oriented mindset therapy, and a post-test will be conducted at the end.

Participants/Inclusion and exclusion criteria
Entry requirements: 1.Age 18 to 20 years 2.Obtaining a higher than average score in the love shock questionnaire, 3. The desire of the therapist to attend the sessions, 4. Being a student and having sufficient intelligence, 5.Not taking medication. Exit conditions: 1.Absence of more than two sessions, 2.The patient's unwillingness to continue the treatment, 3.Not suffering from psychotic disorders.

Intervention groups
After completing the questionnaires, the participants in the research are divided into two groups, and the intervention group is subjected to the mindset-oriented treatment schema, and in the intervention group, they are given the consent form to participate in the research, and the purpose and structure of the treatment are explained. and the control group does not receive the treatment and then at the end of the post-test in both groups.

Main outcome variables
Emotional maturity, tolerance of ambiguity, ego strength, emotional failure.

General information

Reason for update

Acronym

IRCT registration information
IRCT registration number: **IRCT20220627055295N1**
Registration date: **2022-08-12, 1401/05/21**
Registration timing: **registered_while_recruiting**

Last update: **2022-08-12, 1401/05/21**
Update count: **0**

Registration date
2022-08-12, 1401/05/21

Registrant information

Name
Anita Najafi Chenari

Name of organization / entity

Country
Iran (Islamic Republic of)

Phone
+98 13 3377 6534

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anita.najafi0599@gmail.com

Recruitment status
Recruitment complete

Funding source

Expected recruitment start date
2022-08-05, 1401/05/14

Expected recruitment end date
2022-09-05, 1401/06/14

Actual recruitment start date
empty

Actual recruitment end date
empty
Trial completion date
empty

Scientific title
The Effectivness of Schema Mode Therapy on Emotional Maturity, Ambiguity tolerance and Ego Strength in the Students Suffered from Romantic relationship breakup

Public title
The effect of mindfulness-based schema therapy on emotional maturity, ambiguity tolerance, ego strength.
Purpose
Treatment
Inclusion/Exclusion criteria
Inclusion criteria:
1- Age condition 18 to 25 years 2- Obtaining a score higher than the average in the Love Trauma Questionnaire 3- Willingness of the therapist to attend therapy sessions 4- Being a student and having enough intelligence to understand and apply the desired treatment methods 5- Non-use of medication by the patient during psychological treatment
Exclusion criteria:
1- Absence of more than two sessions 2- The client's unwillingness to continue treatment 3- Do not suffer from psychotic disorders
Age
From **18 years** old to **20 years** old
Gender
Both

Phase
N/A
Groups that have been masked
No information
Sample size
Target sample size: **30**
Randomization (investigator's opinion)
Randomized
Randomization description
The randomization method is a simple randomization. The study has two groups and from the beginning it is agreed that odd numbers will be given to the intervention group and even numbers will be given to the control group. Then, using the random number table, the relevant numbers are extracted, each number is written on a card and placed in an envelope, and the envelopes are sealed, and the patient's number is written on each envelope, and the first patient who entered the study Envelope number 1, patient number 2, envelope number 2 and so on will be given. Finally, people in two intervention groups (15 people) and control group (15 people) will enter the research.
Blinding (investigator's opinion)
Not blinded
Blinding description
Placebo
Not used
Assignment
Other
Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee
Name of ethics committee
Ethics Committee of Tunkabon Islamic Azad University
Street address
Mazandaran Province, Tonkabon, Kilometer 3 of Chalus Road
City
Tunkabon
Province
Mazandaran
Postal code
4684161167
Approval date
2022-05-01, 1401/02/11
Ethics committee reference number
IR.IAU.TON.REC.1401.008

Health conditions studied

1

Description of health condition studied
Emotional breakdown
ICD-10 code
ICD-10 code description

Primary outcomes

1

Description
Emotional maturity
Timepoint
Before and after the intervention
Method of measurement
Emotional Maturity Questionnaire of Yaushomiring and Mahish Bhargava

2

Description
Tolerance of ambiguity
Timepoint
Before and after the intervention
Method of measurement
McLean Ambiguity Tolerance Questionnaire (MSTAT-II)

3

Description
My strength
Timepoint
Before and after the intervention

Method of measurement
Mental strength questionnaire or my strength (ESS)

4

Description
Emotional breakdown
Timepoint
Before and after the intervention
Method of measurement
Ross Love Impact Questionnaire (LTI)

Secondary outcomes

empty

Intervention groups

1

Description
Intervention group: 30 students will be randomly selected and will be assigned in two intervention groups (15) and control group (15). Both groups initially and at the end of the participants, the emotional maturity of Yushumin and Bahargawa, McLin (Mstat-II), my strength, or psychological strength (ESS), as before The conscious consent form is provided to the participants and is presented on the purpose and structure of treatment, how to hold treatment sessions of the required description and answer questions.The intervention group will receive the schema therapy of mindfulness during 8 treatment sessions twice a week in a group. The general treatment plan is as follows; First session;Teaching mindsets and schemas. Purpose: To familiarize people with how schemas and mentalities work, a brief explanation of schemas and a complete explanation of mentalities are given. Second session; Acquaintance of people with incompatible coping mindsets. Objective: Familiarity with the behaviors of people's incompatible confrontational mindsets, behavioral exercises for incompatible confrontational mindsets, advantages and disadvantages of incompatible confrontational mindsets, cognitive distortions of incompatible confrontational mindsets and agreeing with incompatible confrontational mindsets. third session; Acquainting people with parent's mentalities was ineffective. Purpose: historical role playing, writing a weekly positive list, instructions for the identity circle, cognitive distortions of the over-expectant parent mentality and giving training cards to combat the dysfunctional parent mentality. Fourth Session; Acquaintance of people with the mentality of a vulnerable child. Purpose: To perform new techniques to relieve the mentality of a sad vulnerable child, to learn about the fears of a vulnerable child, to learn about the needs and rights of children, and to give educational cards for the mentality of a vulnerable child. fifth meeting; Familiarizing people with the mentality of an angry child. Purpose: to give educational cards for the mentality of an impulsive child, the reaction of others to the mentality of an angry child, identifying the needs of an angry child and the healthy need for attention, the sixth session; Familiarizing people with the mentality of a happy child. Goal:To stimulate the mentality of a happy child, the interests of a happy child's mentality and positive feedback for the mentality of a happy child. Seventh session; Getting to know people with a healthy adult mindset. Purpose: to give behavioral exercises for healthy adult mentality, getting to know your healthy adult mentality and your healthy adult mentality and the future. Eighth session; Retaking relevant tests to measure the effectiveness of treatment sessions.
Category
Treatment - Other

Recruitment centers

1

Recruitment center
Name of recruitment center
Islamic Azad University, Rasht branch
Full name of responsible person
Anita Najafi Chenari
Street address
Imam Khomeini Educational Complex, Talshan Bridge, Gas Square, Rasht, Gilan Province.
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Guilan
Postal code
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Email
anita.najafi0599@gmail.com

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Islamic Azad University
Full name of responsible person
Hossein Khara
Street address
Kashif Sharfi Street, Lahijan, Gilan Province
City
Lahijan
Province
Guilan
Postal code
44169-39515
Phone
+98 13 4222 9081
Email
anita.najafi0599@gmail.com
Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source

Islamic Azad University

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

Islamic Azad University

Full name of responsible person

Anita Najafi Chenari

Position

Student

Latest degree

Bachelor

Other areas of specialty/work

Psychology

Street address

Three-story building, at the end of the alley, 2nd cul-de-sac, Vali Asr, 123 St., Golsar

City

Rasht

Province

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4165953861

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Person responsible for scientific inquiries

Contact

Name of organization / entity

Islamic Azad University

Full name of responsible person

Anita Najafi Chenari

Position

Student

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Person responsible for updating data

Contact

Name of organization / entity

Islamic Azad University

Full name of responsible person

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Latest degree

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Sharing plan

Deidentified Individual Participant Data Set (IPD)

Yes - There is a plan to make this available

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

Title and more details about the data/document

All the data obtained from the questionnaire and test results will be published.

When the data will become available and for how long

The access period starts 6 months after the results are published

To whom data/document is available

Documents and data will be available to all researchers in the field of research being studied.

Under which criteria data/document could be used

If researchers request data and documents, send a message to a personal email.

From where data/document is obtainable

To receive documents and data, researchers should call 09118340599 or send an email to anita.najafi0599@gmail.com.

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

To receive documents and data, researchers should call 09118340599 or send a message to anita.najafi0599@gmail.com, information will be available to them within 72 hours or one week.

Comments