

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

05 Jul 2026

### The Effectiveness 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

##### Email address

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 Effectiveness 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.

##### City

Rasht

##### Province

Guilan

##### Postal code

41476-54919

##### Phone

+98 13 3342 3308

##### 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**  
Guilan  
**Postal code**  
4165953861  
**Phone**  
+98 13 3377 6534  
**Email**  
anita.najafi0599@gmail.com

## 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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**Email**  
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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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## 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**