

Clinical Trial Protocol

Iranian Registry of Clinical Trials

21 Jun 2026

Investigating the effect of group work intervention with Teaching Recovery Techniques (TRT) method on post-traumatic stress symptoms in Afghan asylum-seeking adolescent girls in Iran

Protocol summary

Study aim

The general objective of the study is to determine the effect of group work intervention with the TRT method on post-traumatic stress symptoms in Afghan asylum-seeking adolescent girls in Iran.

Design

A controlled, parallel-group, single-blind, randomized clinical trial. sealed envelope randomization is used in the study.

Settings and conduct

The location of the study will be NGOs that provide services to immigrants (Mehromah NGO and Arfak NGO). Sampling has not been done yet.

Participants/Inclusion and exclusion criteria

Afghan teenage girls who entered Iran after the Taliban came to power in Afghanistan in 1400. Inclusion criteria:

- Age 14 to 17 years
- A score of 17 or higher on the Impact of Event Scale-Revised
- Introducing a person over 18 years as the participant's caregiver
- Informed assent and informed consent of the teenager and her legal guardian to participate in the research

Intervention groups

In the intervention group, the intervention of Teaching Recovery Techniques (TRT) will be carried out, which includes 5 sessions for teenagers and 1 session for their caregivers. 6 sessions of origami workshop will be held for the control group.

Main outcome variables

The symptoms of post-traumatic stress including avoidance, hyperarousal, and intrusive thoughts are the variables, which, if they are reduced, the main outcome is obtained through intervention.

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20220710055430N1**

Registration date: **2023-07-03, 1402/04/12**

Registration timing: **retrospective**

Last update: **2023-07-03, 1402/04/12**

Update count: **0**

Registration date

2023-07-03, 1402/04/12

Registrant information

Name

Sarvenaz Ahmadi

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 21 6635 8894

Email address

sarvenazahmadi1998@gmail.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2022-07-19, 1401/04/28

Expected recruitment end date

2022-10-20, 1401/07/28

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Investigating the effect of group work intervention with Teaching Recovery Techniques (TRT) method on post-

traumatic stress symptoms in Afghan asylum-seeking adolescent girls in Iran

Public title

effect of Teaching Recovery Techniques (TRT) on post-traumatic stress symptoms

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria:

Age 14 to 17 years A score of 17 or higher on the Impact of Event Scale-Revised Introducing a person over 18 as the participant's caregiver The teenager and her legal guardian informed consent and informed assent to participate in the research

Exclusion criteria:

Age

From **14 years** old to **17 years** old

Gender

Female

Phase

N/A

Groups that have been masked

- Participant

Sample size

Target sample size: **40**

Randomization (investigator's opinion)

Randomized

Randomization description

Sealed Envelope simple individual randomization

Blinding (investigator's opinion)

Single blinded

Blinding description

Participants

Placebo

Not used

Assignment

Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethics Committee of the University of social welfare and rehabilitation sciences

Street address

Koodakyar DE., Daneshjoo Blvd., Evin

City

Tehran

Province

Tehran

Postal code

1985713871

Approval date

2022-10-22, 1401/07/30

Ethics committee reference number

IR.USWR.REC.1401.133

Health conditions studied

1

Description of health condition studied

post-traumatic stress disorder

ICD-10 code

F43.1

ICD-10 code description

Post-traumatic stress disorder (PTSD)

Primary outcomes

1

Description

Posttraumatic stress symptoms score on the Impact of Event Scale-Revised

Timepoint

Measurement of post-traumatic stress symptoms at the beginning of the study (before the intervention) and 1 month after the intervention

Method of measurement

Impact of Event Scale-Revised questionnaire

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: 6 sessions of Teaching Recovery Techniques (TRT) intervention

Category

N/A

2

Description

Control group: 6 sessions of origami workshop

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center

Mehr-o-Mah empowerment center

Full name of responsible person

Afkham Sabbagh

Street address

No. 4, Amouei Alley, Emamzade Davoud St., Farahzad

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2

Recruitment center

Name of recruitment center
Arfak NGO
Full name of responsible person
Moein Kamrani
Street address
No. 24, Babaraeisi Alley, Saheb jam' St., Shoosh
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Sponsors / Funding sources

1

Sponsor

Name of organization / entity
University of social welfare and rehabilitation sciences
Full name of responsible person
Hamidreza Khankeh
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Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
University of social welfare and rehabilitation 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
University of social welfare and rehabilitation sciences
Full name of responsible person
Sarvenaz Ahmadi
Position
Student
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

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

Yes - There is a plan to make this available

Data Dictionary

Yes - There is a plan to make this available

Title and more details about the data/document

All data is potentially shareable after de-identifying individuals

When the data will become available and for how long

The start of the access period from the winter of 1401 (estimated)

To whom data/document is available

Everybody can receive this data.

Under which criteria data/document could be used

Any use of the documentation is permitted.

From where data/document is obtainable

Sarvenazahmadi, the principal researcher, can be contacted at sarvenazahmadi1998@gmail.com.

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

The applicant can access the data up to 1 month after the request.

Comments