

Clinical Trial Protocol

Iranian Registry of Clinical Trials

26 Jun 2026

The effectiveness of emotion regulation training on reducing high-risk behaviors in depression adolescents

Protocol summary

Study aim

The present study aims to investigate the effectiveness of emotion regulation training in reducing high-risk behaviors of depressed adolescents.

Design

Clinical trial with control group, single-blind, randomized, on 30 depressed teenagers. A lottery is used for randomization.

Settings and conduct

A semi-experimental research conduct on depressed teenage girls in Isfahan city in 1401. single-blind

Participants/Inclusion and exclusion criteria

Entry requirements: 1. Age range of 13-17 years, 2. Having literacy, 3. Not suffering from acute or chronic mental disorders in the past week (confirmed by a psychiatrist or clinical psychologist), 4. Not using From concurrent psychological treatments, 5. not taking psychiatric drugs for the past 3 months (by asking the clients) and 6. not suffering from physical diseases (diagnosed by a doctor and acknowledged by the client) that prevent them from participating in the plan be research Non-entry conditions: 1. Unwillingness to continue research; 2. Failure to do the assignments given in the sessions and 3. Absence of more than 2 sessions during the treatment.

Intervention groups

The experimental group undergoes eight training sessions on emotion regulation strategies. and the control group that does not receive any intervention.

Main outcome variables

Improving high-risk behaviors including drug addiction and abuse, high-risk sexual behaviors, smoking, violence, alcohol consumption, and unhealthy eating patterns

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20230116057137N1**

Registration date: **2023-04-03, 1402/01/14**

Registration timing: **registered_while_recruiting**

Last update: **2023-04-03, 1402/01/14**

Update count: **0**

Registration date

2023-04-03, 1402/01/14

Registrant information

Name

Nooshin Salahi Esfahani

Name of organization / entity

Safahan Institute of Higher Education

Country

Iran (Islamic Republic of)

Phone

+98 31 3628 3309

Email address

r.izady@safahan.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2023-03-16, 1401/12/25

Expected recruitment end date

2023-04-19, 1402/01/30

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effectiveness of emotion regulation training on reducing high-risk behaviors in depression adolescents

Public title

Effect of emotion regulation training in depression

Purpose

Education/Guidance

Inclusion/Exclusion criteria**Inclusion criteria:**

Age range 13-17 years Being able to read and write Not suffering from acute or chronic mental disorders during the past week (confirmed by a psychiatrist or clinical psychologist) Not using simultaneous psychological treatments Not taking psychiatric drugs for the past 3 months (by asking clients) Not suffering from physical diseases (diagnosed by a doctor and acknowledged by the client)

Exclusion criteria:

Unwillingness to continue the research Failure to complete the assignments presented in the meetings Absence of more than 2 sessions during treatment

Age

From **13 years** old to **17 years** old

Gender

Female

Phase

N/A

Groups that have been masked

- Participant

Sample size

Target sample size: **65**

Randomization (investigator's opinion)

Randomized

Randomization description

Random method: simple random draw Randomization Unit: Individual Randomization tool: Lottery

Blinding (investigator's opinion)

Single blinded

Blinding description

Single-blind: In a single-blind study, only the participants are unaware of the study group assignment.

Placebo

Not used

Assignment

Factorial

Other design features**Secondary Ids**

empty

Ethics committees**1****Ethics committee****Name of ethics committee**

Ethics committee of Isfahan University

Street address

Isfahan University, Azadi Square

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Province

Isfahan

Postal code

81174673441

Approval date

2022-11-30, 1401/09/09

Ethics committee reference number

IR.UI.REC.1401.098

Health conditions studied**1****Description of health condition studied**

High-Risk Behaviors

ICD-10 code**ICD-10 code description****Primary outcomes****1****Description**

People who, in addition to having files in counseling centers with a diagnosis of depression, scored more than 20 in Beck's depression questionnaire.

Timepoint

Examination of depression at the beginning of the study, immediately after the training sessions and two months later

Method of measurement

Beck depression questionnaire

Secondary outcomes**1****Description**

Reducing High_Risk behaviors

Timepoint

At the beginning of the study, immediately after the training sessions and two months after that

Method of measurement

Questionnaire of risky behaviors

Intervention groups**1****Description**

Intervention group: The experimental group is subjected to eight weekly sessions of 60 minutes of emotion regulation strategies training using Grass's Emotion Regulation Strategies book.

Category

Treatment - Other

2**Description**

Control group: They don't receive any intervention.

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center

Safahan Counseling Center

Full name of responsible person

Raziyeh Izadi

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Maher Alley, Janbazan street

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2

Recruitment center

Name of recruitment center

Pardis counseling center

Full name of responsible person

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Safahan Institute of Higher Education

Full name of responsible person

Dr. Mohammad Javad Liaqtdar

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Web page address

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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

Safahan Institute of Higher Education

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

Safahan Institute of Higher Education

Full name of responsible person

Nooshin Salahi Esfahani

Position

Consultant

Latest degree

Master

Other areas of specialty/work

Psychology

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Person responsible for scientific inquiries

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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 further 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