

Clinical Trial Protocol

Iranian Registry of Clinical Trials

29 Jun 2026

evaluation of the effect of emotional intelligence training on the symptoms of patients with borderline personality disorder

Protocol summary

Study aim

evaluation of the effect of emotional intelligence training on the symptoms of patients with borderline personality disorder

Design

The participants in this study are 55 patients with borderline personality disorder who were referred to 22 Bahman Hospital in 1402 and their diagnosis was confirmed by a psychiatrist based on DSM-5 criteria and have the including factors to participate in the study.

Settings and conduct

Emotional intelligence will be taught for all participants in groups of 10 to 15 individuals ,weekly for 4 sessions. The duration of each session will be 60 minutes. Emotional intelligence training will be done by an assistant who has already acquired the necessary skills in this field. It should be noted that during the study period, the necessary drug treatments for this disorder will continue. At the beginning of the study, all participants under investigation will fill the borderline personality traits scale questionnaire, which is then will be filled again 1 month and 6 months after the completion of the emotional intelligence training sessions.

Participants/Inclusion and exclusion criteria

Including factors are as following: 1. Ages between 18 to 45 years old 2.Individuals should have finished the third grade of middle school 3.Having informed consent
Excluding factors are as following: 1.Patients with other psychiatric disorders except MDD 2.individuals with substance use 6 month ahead of the study 3.patients with serious self-harming thoughts

Intervention groups

emotional intelligence training in borderline personality disorder

Main outcome variables

Borderline personality disorder trait test score

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20230228057567N1**

Registration date: **2023-04-13, 1402/01/24**

Registration timing: **registered_while_recruiting**

Last update: **2023-04-13, 1402/01/24**

Update count: **0**

Registration date

2023-04-13, 1402/01/24

Registrant information

Name

solma moonesirad

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 28 3355 5054

Email address

moonesiradsolma@gmail.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2023-04-09, 1402/01/20

Expected recruitment end date

2023-10-12, 1402/07/20

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

evaluation of the effect of emotional intelligence training on the symptoms of patients with borderline personality disorder

Public title

emotional intelligence training in borderline personality disorder

Purpose

Supportive

Inclusion/Exclusion criteria**Inclusion criteria:**

Patients with borderline personality disorder Ages between 18 up to 60 years old Individuals should have finished the third grade of middle school Having informed consent

Exclusion criteria:

Patients with any other psychiatric disorder except MDD Individuals with substance use 6 months before starting the study Having serious self-harming thoughts

Age

From **18 years** old to **60 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **55**

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

No16, Movadat faree alley, vali asr SQ, Shahid Beheshti Blv, Research Ethics committee of Qazvin university of medical sciences

City

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Province

Qazvin

Postal code

3419759811

Approval date

2022-08-16, 1401/05/25

Ethics committee reference number

IR.QUMS.REC.1401.144

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

Borderline Personality Disorder

ICD-10 code

F60.3

ICD-10 code description

Borderline personality disorder

Primary outcomes**1****Description**

Emotional intelligence

Timepoint

Filling in the borderline personality disorder characteristics questionnaire before and after emotional intelligence training and 1 and 6 month after teaching emotional intelligence.

Method of measurement

Borderline personality disorder characteristics questionnaire

Secondary outcomes

empty

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

For all people under study, emotional intelligence is taught in groups of 10 to 15 people weekly for 4 sessions, the duration of each session is 60 minutes. Emotional intelligence training is done by a psychiatric assistant who has already acquired the necessary skills in this field. It should be noted that during the study period, the usual drug treatments for this disorder will continue. At the beginning of the study, all people under investigation complete the borderline personality traits scale questionnaire, which is then completed again 1 month and 6 months after the completion of the emotional intelligence training sessions. The content of the sessions includes the introduction of emotions and emotions as a part of everyday human psychological activities, explanation about the types of positive and negative emotions, the impact of emotions on behavior and thinking, the definition of emotional intelligence, recognizing one's emotions and managing them, self-evaluation and recognizing the weaknesses and strengths of self-knowledge. Other people's emotions, understanding other people's needs and feelings, looking

from other people's point of view, effective communication, getting to know teamwork, using available support resources, investigating problems in interpersonal relationships

Category

Treatment - Other

Recruitment centers**1****Recruitment center****Name of recruitment center**

22bahman hospital

Full name of responsible person

Solma Moonesirad

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Sponsors / Funding sources**1****Sponsor****Name of organization / entity**

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Full name of responsible person

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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

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

Solma Moonesirad

Position

Resident

Latest degree

Medical doctor

Other areas of specialty/work

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Sharing plan

Deidentified Individual Participant Data Set (IPD)

Undecided - It is not yet known if there will be a plan to make this available

Study Protocol

Undecided - It is not yet known if there will be a plan to make this available

Statistical Analysis Plan

Undecided - It is not yet known if there will be a plan to make this available

Informed Consent Form

Undecided - It is not yet known if there will be a plan to make this available

Clinical Study Report

Undecided - It is not yet known if there will be a plan to make this available

Analytic Code

Undecided - It is not yet known if there will be a plan to make this available

Data Dictionary

Undecided - It is not yet known if there will be a plan to make this available