

Clinical Trial Protocol

Iranian Registry of Clinical Trials

10 Jun 2026

The Effectiveness of Transdiagnostic Cognitive-Behavioral Therapy Protocol on Reducing Subclinical Symptoms of Anxiety and Depression, Improving Emotion Regulation, Resilience and Spiritual Health in Students

Protocol summary

Study aim

Determining the effectiveness of transdiagnostic cognitive-behavioral therapy protocol on reducing preclinical symptoms of anxiety and depression, improving emotion regulation, resilience and spiritual health in students

Design

A randomized, randomized controlled clinical trial on 56 patients.

Settings and conduct

In this research, after receiving the code of ethics from the ethics committee of Shahid Beheshti University of Medical Sciences, sample people are selected based on the Inclusion criteria, and then after the initial interview according to SCID-5-RV and declaring their willingness to participate in the meetings, explanations They are given about research. All participants complete the DASS, CERQ, CD-RISC, SWB, and CFI questionnaires before starting the treatment during the introductory session and then immediately after the course and 2 months later.

Participants/Inclusion and exclusion criteria

Inclusion criteria: having preclinical anxiety and depression symptoms based on the cut-off point of a score of 18 and above in the DASS-42 subscale and a score of 16 and above in the anxiety subscale of the DASS-42 scale, Not suffering from severe psychiatric disorders, Not using drugs and alcohol in the last three months. Willingness to participate in research. Exclusion criteria: receiving cognitive-behavioral interventions for at least 8 sessions in the last 1 year.

Intervention groups

Intervention group: includes all students of Farhangian University of Tehran province who receive integrated transdiagnostic treatment as a group in 14 sessions of 60 minutes on a weekly basis. The control group includes

students who do not receive any intervention.

Main outcome variables

Connor and Davidson Resilience Scale (CD-RISC), Cognitive Emotion Regulation Questionnaire (CERQ), Depression- Anxiety- Stress Scale (DASS), Cognitive flexibility scale (CFI), Spiritual well-being questionnaire (SWB)

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20211223053494N4**

Registration date: **2023-05-11, 1402/02/21**

Registration timing: **prospective**

Last update: **2023-05-11, 1402/02/21**

Update count: **0**

Registration date

2023-05-11, 1402/02/21

Registrant information

Name

Jafar Sarani yaztappah

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 17 1334 1894

Email address

sarani.jafar@yahoo.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2023-05-31, 1402/03/10

Expected recruitment end date

2023-08-11, 1402/05/20

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The Effectiveness of Transdiagnostic Cognitive-Behavioral Therapy Protocol on Reducing Subclinical Symptoms of Anxiety and Depression, Improving Emotion Regulation, Resilience and Spiritual Health in Students

Public title

The Effectiveness of Transdiagnostic Cognitive-Behavioral Therapy Protocol on Subclinical Symptoms of Anxiety and Depression, Emotion Regulation, Resilience and Spiritual Health

Purpose

Education/Guidance

Inclusion/Exclusion criteria**Inclusion criteria:**

having preclinical anxiety and depression symptoms based on the cut-off point of a score of 18 and above in the DASS-42 subscale and a score of 16 and above in the anxiety subscale of the DASS-42 scale, Not suffering from specific or underlying physical diseases, Not suffering from severe psychiatric disorders such as bipolar spectrum disorders, psychotic spectrum disorders, and cognitive disorders. Not using drugs and alcohol in the last three months. Absence of speech or hearing problems Willingness to participate in research

Exclusion criteria:

absence of more than two sessions, receiving another similar psychological intervention at the same time as the current research, receiving cognitive-behavioral interventions for at least 8 sessions in the last 1 year, receiving psychiatric drugs at the same time as the intervention or within a month before the intervention, Lack of consent to continue the treatment during the intervention process, Aggravation of the person's problems during the intervention and the need to provide another intervention

Age

From 18 years old

Gender

Both

Phase

N/A

Groups that have been masked*No information***Sample size**

Target sample size: 56

Randomization (investigator's opinion)

Randomized

Randomization description

Randomization will be simple randomization. The

randomization unit is people. 56 student subjects will be divided into intervention and control groups by Microsoft Excel software using Rand function. Based on this, a table of random numbers is prepared and the Randbetween function is created, and the subjects are placed in two groups of 28 people according to the rows of this table.

Blinding (investigator's opinion)

Not blinded

Blinding description**Placebo**

Not used

Assignment

Parallel

Other design features**Secondary Ids**

empty

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

Research Ethics Committees of Vice-Chancellor in Research Affairs - Shahid Beheshti University of Me

Street address

Shahid Beheshti University of Medical Sciences, Shahid Chamran Evin Highwa

City

Tehran

Province

Tehran

Postal code

1985717443

Approval date

2022-09-11, 1401/06/20

Ethics committee reference number

IR.SBMU.RETECH.REC.1401.407

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

Anxiety, Depression, Emotion Regulation, Resilience and Spiritual Health

ICD-10 code

F54

ICD-10 code description

Psychological and behavioral factors associated with disorders or diseases classified elsewhere

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

Cognitive Emotion Regulation Score (CERQ) in the Garnevsy Questionnaire, Craig Vaspinhaven

Timepoint

At the beginning of the study (before the intervention), after the intervention and 2 months after the intervention

Method of measurement

Cognitive Emotion Regulation Questionnaire (CERQ)

2

Description

Depression, anxiety and stress score in Lovibond and Lovibond scale

Timepoint

At the beginning of the study (before the intervention), after the intervention and 2 months after the intervention

Method of measurement

Depression- Anxiety- Stress Scale (DASS)

Secondary outcomes

1

Description

Spiritual well-being score in Paloutzian and Ellison questionnaire

Timepoint

At the beginning of the study (before the intervention), after the intervention and 2 months after the intervention

Method of measurement

Spiritual well-being (SWB)

2

Description

Cognitive flexibility score in Dennis scale

Timepoint

At the beginning of the study (before the intervention), after the intervention and 2 months after the intervention

Method of measurement

Cognitive flexibility scale (CFI)

3

Description

Connor and Davidson Resilience Scale (CD-RISC)

Timepoint

At the beginning of the study (before the intervention), after the intervention and 2 months after the intervention

Method of measurement

Connor and Davidson Resilience Scale (CD-RISC)

Intervention groups

1

Description

Intervention group: includes all students of Farhangian University of Tehran province who receive integrated

transdiagnostic treatment as a group according to the protocol in 14 sessions of 60 minutes on a weekly basis. This treatment was designed by Barlow et al (2011). The content of the first session: (module one): improving motivation to engage in treatment, introducing motivation and discussing its importance for the outcome of treatment, helping the patient to evaluate the pros and cons of changing, helping the patient to evaluate the pros and cons of not changing, helping the patient to establish specific treatment goals, helping the patient to determine manageable steps to achieve the treatment goals. The second session (second module): psychological education and the logic of therapy, reviewing the assignment of the previous session, creating an overview of the functional and adaptive nature of emotions, presenting the three components of emotional experiences (thoughts, physical feelings and behaviors), introducing the concept of behaviors arising from emotions, Introducing the antecedents, responses and consequences of emotional experiences, discussing the learned responses of the third and fourth session (third module): emotional awareness training, reviewing the assignment of the previous session, introducing non-judgmental emotional awareness, introducing present-focused awareness, implementing emotional awareness exercises within the session, help To the patient to practice techniques using mood induction using music in the fifth and sixth session (fourth module): Cognitive Appraisal and Reappraisal, review of the assignment of the previous session, explanation of the mutual relationship between thoughts and emotions, introduction of automatic evaluations, introduction of mental traps common and helping the patient to identify them, introducing cognitive re-evaluation and helping the patient to practice it in order to increase flexibility in thinking, the seventh session (fifth module): emotional avoidance and behaviors arising from emotion, review of the assignment of the previous session, introducing the concept of emotional avoidance, Introducing the types of emotional avoidance strategies and discussing the contribution of these strategies in the negative cycle of emotional response, helping the patient to identify his emotional avoidance strategies, proving the contradictory effects of emotional avoidance, re-introducing the concept of behaviors arising from emotion and discussing them more deeply, introducing the logic of confrontation with behaviors arising from emotions, identifying behaviors arising from maladaptive emotions, the eighth session (sixth module): Awareness and Tolerance of Physical Sensations, reviewing the previous session's assignment, helping the patient to identify internal physical feelings related to emotions, helping the patient to gain more understanding From the role of internal physical feelings in creating an emotional response, performing symptomatic exercises designed to evoke uncomfortable physical feelings, sessions 9 to 13 (seventh module): Interoceptive and Situational Emotion Exposures, reviewing the assignment of the previous session, helping the patient to understand the purpose of emotional exposures. , helping the patient to create a hierarchy of emotional and situational avoidance, designing effective emotion coping exercises, helping

patients to face strong emotions through emotional coping exercises, the fourteenth session (eighth module): Accomplishments, Maintenance, and Relapse Prevention, Reviewing the assignment of the previous session, reviewing coping skills, reviewing treatment progress, identifying and fixing potential or common triggers, promoting the generalization of skills, and establishing goals for continuous improvement.

Category

Treatment - Other

2**Description**

Control group: includes students who do not receive intervention.

Category

N/A

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

Taleghani Hospital

Full name of responsible person

Jafar Sarani Yaztappeh

Street address

Psychology Group, Floor4, Taleghani hospital, Erabi Ave., Yaman Ave., Chamran highway

City

Tehran

Province

Tehran

Postal code

1985711151

Phone

+98 21 2303 1548

Email

sarani.jafar@yahoo.com

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

Shahid Beheshti University of Medical Sciences

Full name of responsible person

Afsin Zarghi

Street address

Vice-Chancellor of Research Affairs, Shahid Beheshti University of Medical Sciences, Next to Taleghani hospital, Erabi Ave., Chamran highway

City

Tehran

Province

Tehran

Postal code

19839-63113

Phone

+98 21 2243 9770

Email

Info@sbmu.ac.ir

Grant name**Grant code / Reference number****Is the source of funding the same sponsor organization/entity?**

Yes

Title of funding source

Shahid Beheshti 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**

Zanjan University of Medical Sciences

Full name of responsible person

Seyedeh Elnaz Mousavi

Position

Assistant Professor

Latest degree

Ph.D.

Other areas of specialty/work

Psychology

Street address

Ark Square, Shahid Beheshti Hospital, Department of Clinical Psychology, Zanjan, Iran

City

Zanjan

Province

Zanjan

Postal code

1452687818

Phone

+98 24 3353 4500

Email

Dr.Emousavi@zums.ac.ir

Person responsible for scientific inquiries**Contact****Name of organization / entity**

Zanjan University of Medical Sciences

Full name of responsible person

Seyedeh Elnaz Mousavi

Position

Assistant Professor

Latest degree

Ph.D.

Other areas of specialty/work

Psychology

Street address

Ark Square, Shahid Beheshti Hospital, Department of
Clinical Psychology, Zanjan, Iran

City

Zanjan

Province

Zanjan

Postal code

1452368712

Phone

+98 24 3353 4500

Email

Dr.Emousavi@zums.ac.ir

+98 21 2303 1548

Email

sarani.jafar@yahoo.com

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 more information.

Study Protocol

Yes - There is 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

Yes - There is a plan to make this available

Clinical Study Report

Yes - There is 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

No - There is not a plan to make this available

Title and more details about the data/document

-

When the data will become available and for how long

-

To whom data/document is available

-

Under which criteria data/document could be used

-

From where data/document is obtainable

-

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

-

Comments

Person responsible for updating data

Contact

Name of organization / entity

Shahid Beheshti University of Medical Sciences

Full name of responsible person

Jafar Sarani Yaztappeh

Position

Ph.D Student

Latest degree

Master

Other areas of specialty/work

Psychology

Street address

Psychology Group, Floor4, Taleghani hospital, Erabi
Ave., Yaman Ave., Chamran highway

City

Tehran

Province

Tehran

Postal code

1985711151

Phone