

Clinical Trial Protocol

Iranian Registry of Clinical Trials

28 Jul 2026

Investigating the effectiveness of unified transdiagnostic treatment on emotional disturbance, emotion regulation, distress tolerance, and suicidal tendencies in patients with a history of suicide attempts.

Protocol summary

Study aim

Investigating the effectiveness of unified transdiagnostic treatment on emotional disturbance, emotion regulation, distress tolerance, and suicidal tendencies in patients with a history of suicide attempts.

Design

A clinical trial with a community-based control group, with parallel groups

Settings and conduct

A consent form, a package of measurement tools with brief explanations to introduce the research plan, how to use the data in line with ethical codes, before the intervention are provided to the participants in Tehran's neuropsychiatric hospitals.

Participants/Inclusion and exclusion criteria

log in: • Having at least one diagnosis in the field of emotional disorders based on DSM-5 diagnostic criteria • Patient's consent to participate in the research Exit: • Having any type of psychotic disorder • History of substance abuse and addiction to any other specific substance that shows tolerance and withdrawal symptoms. • Receiving any type of psychological treatment at the same time • The patient's unwillingness to continue the treatment process. • Use of medication with variable doses prescribed by a psychiatrist

Intervention groups

On the control group, only the usual interventions are performed in the treatment center. At the end of the intervention, the post-test will be performed on both experimental and control groups.

Main outcome variables

Emotional turmoil: Excitement regulation: Tolerate distress: Desire to commit suicide again

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20230627058601N1**

Registration date: **2023-07-08, 1402/04/17**

Registration timing: **registered_while_recruiting**

Last update: **2023-07-08, 1402/04/17**

Update count: **0**

Registration date

2023-07-08, 1402/04/17

Registrant information

Name

Afsaneh Amiri

Name of organization / entity

Semnan Azad University

Country

Iran (Islamic Republic of)

Phone

+98 21 6657 3924

Email address

afsaneamiri320@gmail.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2023-07-08, 1402/04/17

Expected recruitment end date

2023-07-14, 1402/04/23

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Investigating the effectiveness of unified transdiagnostic treatment on emotional disturbance, emotion regulation, distress tolerance, and suicidal tendencies in patients with a history of suicide attempts.

Public title
Investigating the effectiveness of unified transdiagnostic treatment on emotional disturbance, emotion regulation, distress tolerance, and suicidal tendencies in patients with a history of suicide attempts.

Purpose
Treatment

Inclusion/Exclusion criteria
Inclusion criteria:
Having attempted suicide at least once and wanting to commit suicide again Having at least one diagnosis in the field of emotional disorders The stability of the patient's medication dose according to the psychiatrist's order Patient's consent to participate in the research
Exclusion criteria:
Having any type of psychotic disorder Receiving any type of psychological treatment at the same time A history of substance abuse and addiction to any other type of substance in which symptoms of tolerance and withdrawal appear Use of drugs with variable doses prescribed by a psychiatrist

Age
From **18 years** old to **40 years** old

Gender
Both

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **44**

Randomization (investigator's opinion)
N/A

Randomization description

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

Ethics Committee of Semnan Azad University

Street address

Unit 1, Block 4, Kashani Dead End, Salim Bayat Alley, western pastor St., Pasteur Square, Tehran, Iran

City
Tehran

Province
Tehran

Postal code
1318864791

Approval date
2023-07-02, 1402/04/11

Ethics committee reference number
IR.IAU.SEMNAN.REC.1402.005

Health conditions studied

1

Description of health condition studied

Suicidal tendencies again

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description

Emotional disturbance; Emotion regulation; Tolerance of distress; Suicidal tendencies again

Timepoint

Two months

Method of measurement

Questionnaires; DASS-21, Gratz and Roemer (DERS2004), Distress Tolerance Simmons and Gaher, Beck Suicidal Ideation Scale

Secondary outcomes

1

Description

Emotional disturbance, Emotion regulation, Distress tolerance, Suicidal tendencies again

Timepoint

Two months

Method of measurement

Questionnaires; DASS-21, Gratz and Roemer (DERS2004), Distress Tolerance Simmons and Gaher, Beck Suicidal Ideation Scale

Intervention groups

1

Description

Intervention group: In addition to the usual interventions in the treatment center, the experimental group is subjected to transdiagnostic treatment intervention.

Category

Treatment - Other

2

Description

Control group: The control group receives only the usual interventions in the treatment center.

Category

Treatment - Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Tehran Neuropsychiatric hospitals

Full name of responsible person

Asaneh Amiri

Street address

Unit 1, Block 4, Kashani Dead End, Salim Bayat Alley, western pastor St., Pasteur Square, Tehran, Iran

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Email

AfsaneAmiri320@gmail.com

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Islamic Azad University

Full name of responsible person

Afsaneh Amiri

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Grant name

Grant code / Reference number

Is the source of funding the same sponsor organization/entity?

No

Title of funding source

Semnan Azad University

Proportion provided by this source

100

Public or private sector

Private

Domestic or foreign origin

Domestic

Category of foreign source of funding

empty

Country of origin

Type of organization providing the funding

Persons

Person responsible for general inquiries

Contact

Name of organization / entity

Islamic Azad University

Full name of responsible person

Afsaneh Amiri

Position

Student

Latest degree

Bachelor

Other areas of specialty/work

Psychology

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Person responsible for scientific inquiries

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Person responsible for updating data**Contact****Name of organization / entity**

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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

Having at least one diagnosis in the field of emotional disorders according to DSM-5

When the data will become available and for how long

3 months after printing the results

To whom data/document is available

Dr. Izadi's supervisor

Under which criteria data/document could be used

In order to guide the research process

From where data/document is obtainable

Afsaneh Amiri

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

Send request to AfsaneAmiri320@gmail.com

Comments