

Clinical Trial Protocol

Iranian Registry of Clinical Trials

16 Sep 2026

The effectiveness of digital cognitive behavioral therapy on emotional disturbance, hopelessness in teenage male students

Protocol summary

Study aim

Investigating the effectiveness of digital cognitive-behavioral therapy in reducing emotional disturbance and frustration in adolescent male students of Tehran's 6th district

Design

Type of study: semi-experimental, sample size of 30 people, two parallel groups of 15 people, one blind strain

Settings and conduct

Criteria for entering the research: gender, age, high score in tests Research location: Schools: Ayatollah Saeedi and Shahid Motahari

Participants/Inclusion and exclusion criteria

Research population: male adolescent students of district 6 of Tehran Sample size and calculation method: The research sample consists of 30 people who were selected by purposive sampling method and randomly replaced in two experimental and control groups. Sampling method: available Criteria for entering the research: gender, age, high score in tests

Intervention groups

For the members of the cognitive-behavioral therapy group, the proof is implemented digitally with the following specifications: the subjects go to the site <https://azmonoravan.ir/> and enter the consultation section of the site using the username and password that was given to them earlier. be. There were 8 training sessions in the counseling section of the site (these 8 training sessions are in the form of video files. Each session contains training materials and exercises that the subject must look at and perform the exercises and report the results to the therapist from Submit through the site. There is a section for submitting exercises on the site.

Main outcome variables

Independent variables: digital cognitive-behavioral therapy Dependent variables: emotional disturbance, frustration, anxiety and depression level, academic performance Background variables: age, parents'

education and family income Interfering variables: facilities related to access to digital therapy, non-compliance with digital therapy, lack of family support,

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20230704058669N1**

Registration date: **2023-07-13, 1402/04/22**

Registration timing: **prospective**

Last update: **2023-07-13, 1402/04/22**

Update count: **0**

Registration date

2023-07-13, 1402/04/22

Registrant information

Name

Mohsen Khani

Name of organization / entity

Semnan Azad University

Country

Iran (Islamic Republic of)

Phone

+98 21 8863 3051

Email address

mohsenkhani615@gmail.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2023-07-15, 1402/04/24

Expected recruitment end date

2023-08-05, 1402/05/14

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effectiveness of digital cognitive behavioral therapy on emotional disturbance, hopelessness in teenage male students

Public title

The effect of digital cognitive therapy on emotional disturbance

Purpose

Health service research

Inclusion/Exclusion criteria**Inclusion criteria:**

male teenager Obtaining high scores in the emotion disturbance questionnaire Ability to do homework online

Exclusion criteria:**Age**

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

Gender

Male

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **30**

Randomization (investigator's opinion)

Not randomized

Randomization description**Blinding (investigator's opinion)**

Not blinded

Blinding description**Placebo**

Not used

Assignment

Factorial

Other design features**Secondary Ids**

empty

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

Islamic Azad University, Semnan branch

Street address

1st floor, number 38, 10th street, North Kargar street, Tehran

City

Tehran

Province

Tehran

Postal code

1439683441

Approval date

2023-07-03, 1402/04/12

Ethics committee reference number

IR.IAU.SEMNAN.REC.1402.011

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

Emotional Turmoil - Hopelessness

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

A score above 40 in the Simmons and Gaher Emotional Disturbance Questionnaire - Achieving a high score in the Beck Despair Questionnaire

Timepoint

Before starting the therapeutic intervention on the first day - after completing the therapeutic intervention on the 15th day

Method of measurement

Simmons and Gaher emotional disturbance questionnaire (2005) - Beck's Standardized Hopelessness Questionnaire (BHS)

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

Depression, stress, and anxiety scores in the DASS questionnaire and scores in the EPT academic achievement questionnaire

Timepoint

Before starting the therapeutic intervention on the first day - after completing the therapeutic intervention on the 15th day

Method of measurement

DASS Depression, Anxiety, Stress Questionnaire - Pham and Taylor EPT Educational Achievement Questionnaire

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

Intervention group: Subjects go to the site <https://azmonoravan.ir/> and enter the consultation section of the site using the username and password that was given to them earlier. In the counseling section of the site, there are 8 educational sessions (cognitive behavioral therapy for emotional disturbance and despair) (these 8 educational sessions are in the form of video files. Each session includes educational materials and exercises that the subject must watch and the

exercises Do it and send the results to the therapist through the site. The site has a section for sending exercises.

Category

Treatment - Other

Recruitment centers

1

Recruitment center

Name of recruitment center

بدون مرکز بیماریگری

Full name of responsible person

Street address

City

Tehran

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1439683441

Phone

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Email

mohsenkhani615@gmail.com

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Semnan University of Medical Sciences

Full name of responsible person

Mohammad Karim Sohrabi

Street address

Semnan - km 5 of Damghan road - in front of Semnan customs

City

Semnan

Province

Semnan

Postal code

37111-35131

Phone

+98 23 3165 6565

Email

info@semnaniau.ac.ir

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

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

Semnan University of Medical Sciences

Full name of responsible person

Mohsen Khani

Position

Masters student

Latest degree

Bachelor

Other areas of specialty/work

Psychology

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First floor, No. 38, No. 38, 10th street, North Kargar St., Tehran

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Person responsible for scientific inquiries

Contact

Name of organization / entity

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Full name of responsible person

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Person responsible for updating data

Contact

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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

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