

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

18 Jun 2026

### Comparison of the effectiveness of emotion-focused therapy (EFT) with metacognitive therapy (MCT) on emotional-social competence, communication skills and depression of 13- to 18-year-old male students in divorced families

#### Protocol summary

##### Study aim

The aim of this study was to compare the effectiveness of emotion-focused therapy and cognitive-behavioural therapy on emotional-social competence, communication skills, and depression of male students aged 13 to 18 from divorced families in Tehran's District 5 who had not received separate psychotherapy.

##### Design

This clinical trial was parallel, Not blinded, randomized, and with 45 participants.

##### Settings and conduct

Research method: semi-experimental research, research objective: applied research. The study was conducted in two high schools for boys. Two experimental groups of MCT and EFT and a control group were determined. A pre-test was taken from all groups. Then the intervention was done for two experimental groups. After ten sessions, the post-test was taken again from all three groups. After three months of the post-test, a follow-up test was taken from all groups to measure the durability of the intervention effect.

##### Participants/Inclusion and exclusion criteria

The inclusion criteria were male students, aged 13 to 18, residing in Tehran's District 5, having divorced parents, and not receiving separate psychotherapy. The exclusion criteria were lack of student willingness, parents' dissatisfaction, and use of psychotropic drugs.

##### Intervention groups

Group A received cognitive-behavioural therapy based on the standard protocol for depression consisting of eight 90-minute sessions. Group B received emotion-focused therapy based on Greenberg's therapeutic guide (including three stages of preparation, awareness, and experiencing) consisting of eight 90-minute sessions. The control group did not receive any intervention.

##### Main outcome variables

Changes in emotional-social competence, changes in communication skills, and changes in the level of depression.

#### General information

##### Reason for update

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT20230727058940N1**

Registration date: **2023-08-29, 1402/06/07**

Registration timing: **retrospective**

Last update: **2023-08-29, 1402/06/07**

Update count: **0**

##### Registration date

2023-08-29, 1402/06/07

##### Registrant information

##### Name

Mohammad Parnov

##### Name of organization / entity

##### Country

Iran (Islamic Republic of)

##### Phone

+98 21 4404 0016

##### Email address

parnov@kiau.ac.ir

##### Recruitment status

**Recruitment complete**

##### Funding source

##### Expected recruitment start date

2022-04-03, 1401/01/14

##### Expected recruitment end date

2022-04-09, 1401/01/20

**Actual recruitment start date**

2022-04-03, 1401/01/14

**Actual recruitment end date**

2022-04-09, 1401/01/20

**Trial completion date**

2022-11-08, 1401/08/17

**Scientific title**

Comparison of the effectiveness of emotion-focused therapy (EFT) with metacognitive therapy (MCT) on emotional-social competence, communication skills and depression of 13- to 18-year-old male students in divorced families

**Public title**

Effectiveness of emotion-focused therapy (EFT) and metacognitive therapy (MCT) on adolescents

**Purpose**

Education/Guidance

**Inclusion/Exclusion criteria****Inclusion criteria:**

He should be male He should be a student He should be between thirteen and eighteen years old He should reside in the five municipalities district of Tehran His parents should be separated (divorced) He should be interested and motivated to participate in therapy He should not participate in psychotherapy or other psychological interventions simultaneously

**Exclusion criteria:**

Irregular attendance at sessions Consumption of psychoactive substances

**Age**

From **13 years** old to **18 years** old

**Gender**

Male

**Phase**

N/A

**Groups that have been masked**

*No information*

**Sample size**

Target sample size: **45**

Actual sample size reached: **45**

**Randomization (investigator's opinion)**

Not randomized

**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**

Research Ethics Committees of Birjand University of Medical Sciences

**Street address**

No. 7, Farhadiyeh Dead-end, Towhid St.

**City**

Tehran

**Province**

Tehran

**Postal code**

1457896351

**Approval date**

2023-04-17, 1402/01/28

**Ethics committee reference number**

IR.BUMS.REC.1402.049

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

Depression

**ICD-10 code**

F32.0

**ICD-10 code description**

Major depressive disorder, single episode, mild

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

Emotional-social competence : refers to an individual's ability to control their own motivations, make good judgments, and regulate their emotions in response to the emotions and reactions of others.

**Timepoint**

Before starting the intervention, nine weeks after starting the intervention, and twenty-one weeks after starting the intervention.

**Method of measurement**

Social Emotional Competencies Questionnaire, Zhou and Ee (2012)

**2****Description**

Communication skills: are a set of abilities that enable individuals to engage in interpersonal interactions and the communication process, whereby individuals exchange information, ideas, and emotions through verbal and nonverbal messages.

**Timepoint**

Before starting the intervention, nine weeks after starting the intervention, and twenty-one weeks after starting the intervention.

**Method of measurement**

Communication Skills Test-Revised, Queendom (2004)

### 3

#### **Description**

Depression: is a term used to describe a set of behaviors characterized by slowness in movement and speech, crying, sadness, lack of active responses, loss of interest, feelings of worthlessness, insomnia, and loss of appetite.

#### **Timepoint**

Before starting the intervention, nine weeks after starting the intervention, and twenty-one weeks after starting the intervention.

#### **Method of measurement**

Children's Depression Inventory, Maria Kovacs (1979)

### **Secondary outcomes**

empty

### **Intervention groups**

#### 1

##### **Description**

Intervention Group 1: Cognitive-behavioral therapy; The present study is based on the standard cognitive-behavioral therapy protocol for depression, consisting of eight 90-minute sessions.

##### **Category**

Behavior

#### 2

##### **Description**

Intervention Group 2: Emotion-focused therapy; The present study is based on the standard emotion-focused therapy protocol based on Greenberg's therapeutic guide (including three stages of preparation, awareness, and experiencing) consisting of eight 90-minute sessions.

##### **Category**

Behavior

#### 3

##### **Description**

Control Group: No intervention was performed on this group in the present study.

##### **Category**

Other

### **Recruitment centers**

#### 1

##### **Recruitment center**

###### **Name of recruitment center**

Kohan Highschool

###### **Full name of responsible person**

Mohammad Parnov

###### **Street address**

Apadana Town

###### **City**

Tehran

###### **Province**

Tehran

###### **Postal code**

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### **Sponsors / Funding sources**

#### 1

##### **Sponsor**

###### **Name of organization / entity**

Islamic Azad University

###### **Full name of responsible person**

Majid Ali abaadi

###### **Street address**

Birjand branch of Islamic Azad University, At the end of Ayatollah Shahid Ghafari Boulevard.

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###### **Web page address**

<https://birjand.iau.ir>

##### **Grant name**

##### **Grant code / Reference number**

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

Yes

##### **Title of funding source**

Islamic Azad University

##### **Proportion provided by this source**

1

##### **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**

Academic

### **Person responsible for general inquiries**

##### **Contact**

###### **Name of organization / entity**

Islamic Azad University

###### **Full name of responsible person**

Mohammad Parnov

###### **Position**

PhD candidate of Clinical Psychology

**Latest degree**

Ph.D.

**Other areas of specialty/work**

Psychology

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

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**Other areas of specialty/work**

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

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**Position**

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**Latest degree**

Ph.D.

**Other areas of specialty/work**

Psychology

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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**

The information of the study participants is confidential.

**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**

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**

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