Clinical Trial Protocol
Iranian Registry of Clinical Trials

16 Sep 2026

The effectiveness of emotion regulation training in reducing the conscious emotions of shame and guilt of female high school students

Protocol summary

Study aim
Determine the effectiveness of emotion regulation training in reducing the conscious emotions of shame and guilt of female high school students

Design
From all the first secondary schools in Shiraz, a school that will volunteer to participate in the pilot study will be selected. Then, in the selected school, two classes will be randomly selected, one as the control group and the other as the experimental group.

Settings and conduct
Then, in the selected school, two classes will be randomly selected, one as the control group and the other as the experimental group. Members of both groups will complete the shame and guilt questionnaire (Thompson, Sharp and Alexander, 2008). Then, the emotion regulation program was implemented in 8 90-minute sessions twice a week for the experimental group. The control group will also receive life skills training conducted by the class teacher. It should be noted that the control and experimental groups do not know which group they belong to.

Participants/Inclusion and exclusion criteria
First high school girl students

Intervention groups
The emotion regulation program will be implemented in 8 90-minute sessions twice a week for the experimental group. The control group will also receive life skills training conducted by the class teacher.

Main outcome variables
Reducing the negative emotions of shame and guilt in students

General information

Reason for update

Acronym

IRCT registration information
IRCT registration number: **IRCT20230820059195N1**
Registration date: **2023-08-22, 1402/05/31**
Registration timing: **prospective**

Last update: **2023-08-22, 1402/05/31**
Update count: **0**

Registration date
2023-08-22, 1402/05/31

Registrant information

Name
Narjes Abbasi

Name of organization / entity

Country
Iran (Islamic Republic of)

Phone
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Email address
abbasinarjes@gmail.com

Recruitment status
Recruitment complete

Funding source

Expected recruitment start date
2023-09-22, 1402/06/31

Expected recruitment end date
2023-10-22, 1402/07/30

Actual recruitment start date
empty

Actual recruitment end date
empty

Trial completion date
empty

Scientific title
The effectiveness of emotion regulation training in reducing the conscious emotions of shame and guilt of female high school students

Public title
The effectiveness of emotion regulation training in

reducing the conscious emotions of shame and guilt

Purpose

Education/Guidance

Inclusion/Exclusion criteria

Inclusion criteria:

Having the informed consent of students and parents to participate in the research

Exclusion criteria:

Failure to receive similar training at the same time

Age

From **13 years** old to **15 years** old

Gender

Female

Phase

N/A

Groups that have been masked

- Participant

Sample size

Target sample size: **20**

Randomization (investigator's opinion)

Not randomized

Randomization description

Blinding (investigator's opinion)

Single blinded

Blinding description

Participants will not know whether they are part of the control group or the intervention group.

Placebo

Not used

Assignment

Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethics committee of Shiraz University of Medical Sciences

Street address

Eram Square, ShirazUniversity, Shiraz

City

Shiraz

Province

Fars

Postal code

84334 - 71964

Approval date

2023-10-29, 1402/08/07

Ethics committee reference number

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Health conditions studied

1

Description of health condition studied

Emotions of shame and guilt

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description

Higher than average score in shame and guilt questionnaire

Timepoint

At the beginning of the study and the final session

Method of measurement

Shame and guilt questionnaire (Thompson, Sharp and Alexander, 2008)

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: The emotion regulation program will be implemented in 8 90-minute sessions twice a week for the experimental group.

Category

Lifestyle

Recruitment centers

1

Recruitment center

Name of recruitment center

Shiraz university

Full name of responsible person

Narjes Abbasi

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Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Shiraz university
Full name of responsible person
Dr. Mohammad Hossein Sheikhi
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Shiraz University, Eram Square, Shiraz
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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
دانشگاه شیراز
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
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Full name of responsible person
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Position
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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
Information about the outcome is published.
When the data will become available and for how long
The access period starts one year after the results are published
To whom data/document is available
Only for researchers working in academic and scientific institutions
Under which criteria data/document could be used
Just to make sure the results are printed
From where data/document is obtainable
The authors of the article
What processes are involved for a request to access data/document
Sending an email one year after the publication of the article and receiving the data within a week
Comments