

Clinical Trial Protocol

Iranian Registry of Clinical Trials

29 Jun 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

+98 916 422 4972

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

Street address

Shahid Fathi StShahid Fathi St, Harj Village, Asir City, Mehr City, Fars Province

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Postal code

74491-41178

Phone

+98 916 422 4972

Email

abbasinarjes@gmail.com

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Shiraz university

Full name of responsible person

Dr. Mohammad Hossein Sheikhi

Street address

Shiraz University, Eram Square, Shiraz

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84334 - 71964

Phone

+98 71 3647 4408

Email

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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

Shiraz university

Full name of responsible person

Narjes Abbasi

Position

PhD Candidate of Educational Psychology

Latest degree

Master

Other areas of specialty/work

Psychology

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Contact

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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