

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

03 Jul 2026

### The effectiveness of emotion regulation training on interpersonal sensitivity and social competency of students with social anxiety disorder

#### Protocol summary

##### Study aim

1- Explaining the effectiveness of emotion regulation training on the social competence of students with social anxiety disorder 2- Explaining the effectiveness of emotion regulation training on interpersonal sensitivity of students with social anxiety disorder

##### Design

The clinical trial with a control group, randomized, on 40 patients who will be placed in two parallel intervention and control groups using the random block method and sealed envelopes.

##### Settings and conduct

This study will be conducted in the Bakhtiari-far high school in Semnan.

##### Participants/Inclusion and exclusion criteria

Inclusion criteria: adolescents aged between 12 to 18 years, suffering from social anxiety disorder (with a score above 60 in the questionnaire), not receiving treatment interventions for social anxiety disorder. Exclusion criteria: Having any other mental illness or disorder except social anxiety.

##### Intervention groups

The experimental group will receive 8 emotion regulation training sessions and the control group will not receive any intervention.

##### Main outcome variables

Social competency, Interpersonal sensitivity

#### General information

##### Reason for update

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT20231102059929N1**

Registration date: **2023-11-08, 1402/08/17**

Registration timing: **registered\_while\_recruiting**

Last update: **2023-11-08, 1402/08/17**

Update count: **0**

##### Registration date

2023-11-08, 1402/08/17

##### Registrant information

###### Name

Fatemeh Babamohamadi

###### Name of organization / entity

Semnan university

###### Country

Iran (Islamic Republic of)

###### Phone

+98 23 3344 2434

###### Email address

babamohamadifatemeh9@gmail.com

##### Recruitment status

**Recruitment complete**

##### Funding source

##### Expected recruitment start date

2023-11-05, 1402/08/14

##### Expected recruitment end date

2024-02-09, 1402/11/20

##### Actual recruitment start date

empty

##### Actual recruitment end date

empty

##### Trial completion date

empty

##### Scientific title

The effectiveness of emotion regulation training on interpersonal sensitivity and social competency of students with social anxiety disorder

##### Public title

The effectiveness of emotion regulation training on interpersonal sensitivity and social competency of students with social anxiety disorder

##### Purpose

Education/Guidance

## Inclusion/Exclusion criteria

### Inclusion criteria:

Adolescents in the age group of 12 to 18 years Suffering from social anxiety disorder (with a score above 60 in Leibovitz's social anxiety questionnaire) Not receiving any treatment plan for social anxiety disorder

### Exclusion criteria:

Having a mental illness or disorder other than social anxiety

## Age

From **12 years** old to **18 years** old

## Gender

Female

## Phase

N/A

## Groups that have been masked

*No information*

## Sample size

Target sample size: **40**

## Randomization (investigator's opinion)

Randomized

## Randomization description

Assignment of samples to two groups (intervention or control) will be done randomly using the random blocks method (using the site <https://www.sealedenvelope.com/simple-randomiser/v1/lists>). 20 blocks with 2 cases in each are created and every time randomly a block will be selected. In this method, A: represents the intervention group; & B: the control group.

## 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 University of Medical Sciences

##### Street address

Headquarter of Semnan University of Medical Sciences and Health Services, Bassij Blvd, Semnan, Iran

##### City

Semnan

##### Province

Semnan

##### Postal code

3514799442

## Approval date

2023-10-30, 1402/08/08

## Ethics committee reference number

IR.SEMUMS.REC.1402.149

## Health conditions studied

### 1

#### Description of health condition studied

Social anxiety disorder

#### ICD-10 code

F93.2

#### ICD-10 code description

Social anxiety disorder of childhood

## Primary outcomes

### 1

#### Description

Interpersonal sensitivity means unnecessary and excessive vigilance towards the behavior and feelings of others.

#### Timepoint

Before the implementation of the intervention sessions, immediately after the intervention sessions and 1 month after the implementation

#### Method of measurement

Boyce and Parker interpersonal sensitivity questionnaire

### 2

#### Description

Social competence means a set of skills, the acquisition of which will improve people's social awareness.

#### Timepoint

Before the implementation of the intervention sessions, immediately after the intervention sessions and 1 month after the implementation

#### Method of measurement

Felner Social Competency Questionnaire

## Secondary outcomes

empty

## Intervention groups

### 1

#### Description

In the intervention group, they receive 8 sessions with a duration of 90 minutes related to emotion regulation training using the Gross model method. In educational sessions, students are discussed about things such as the importance of emotions and their recognition methods, types of emotions, recognition of situations that cause emotions, examination of cognitive errors, methods of stopping thoughts, and methods of controlling emotions. The meetings will be held twice a week for one month.

#### Category

Behavior

2

**Description**

Control group: They will not receive any intervention.

**Category**

N/A

**Recruitment centers**

1

**Recruitment center**

**Name of recruitment center**

Bakhtiari Far High School

**Full name of responsible person**

Fatemeh Babamohamadi

**Street address**

Bakhtiarifar High School, Sane 11, Sane Street, Amir al-Momenin (AS) Square, Semnan

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**Sponsors / Funding sources**

1

**Sponsor**

**Name of organization / entity**

Semnan University

**Full name of responsible person**

Mohammad Hossein Ehsani

**Street address**

The central organization of Semnan University, first floor, western section, campus number one, in front of Sukan Park, Semnan

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**Province**

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**Email**

Research.VC@semnan.ac.ir

**Web page address**

<https://research.semnan.ac.ir>

**Grant name**

**Grant code / Reference number**

**Is the source of funding the same sponsor**

**organization/entity?**

Yes

**Title of funding source**

Semnan 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

**Full name of responsible person**

Parviz Sabahi

**Position**

Assistant Professor

**Latest degree**

Ph.D.

**Other areas of specialty/work**

Psychology

**Street address**

Mahdishahr Faculty of Psychology and Educational Sciences, Semnan University, Darband, Mahdishahr, Semnan

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Semnan University

**Full name of responsible person**

Parviz Sabahi

**Position**

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**Latest degree**

Ph.D.

**Other areas of specialty/work**

Psychology

**Street address**

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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**

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

**Statistical Analysis Plan**

Not applicable

**Informed Consent Form**

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

**Clinical Study Report**

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

**Analytic Code**

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

**Data Dictionary**

Not applicable