Clinical Trial Protocol
Iranian Registry of Clinical Trials

17 Sep 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

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Iran (Islamic Republic of)

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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

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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
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Sponsors / Funding sources

1

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Semnan University
Full name of responsible person
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The central organization of Semnan University, first floor, western section, campus number one, in front of Sukan Park, Semnan
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Phone
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Fax
+98 23 3153 9840
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
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Parviz Sabahi
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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