Clinical Trial Protocol
Iranian Registry of Clinical Trials

16 Sep 2026

Comparing the effectiveness of Compassion Focus Therapy (CFT) and Emotion Focus Therapy (EFT) on the mental well-being and resilience of students with suicide experience in first and second high school girls.

Protocol summary

Study aim

Comparing the effectiveness of Compassion Focus Therapy (CFT) and Emotion Focus Therapy (EFT) on the mental well-being and resilience of students with suicide experience in first and second high school girls.

Design

The clinical trial has a control group and two parallel groups that were randomly selected (lottery) and attempted suicide on 45 students. The study was conducted through a mental well-being and resilience questionnaire with two emotional and compassionate treatment approaches.

Settings and conduct

The present research was conducted with 45 female students who committed suicide in the first and second high school grades in the counseling center of the Education Department of Bojnord city. The students were placed in compassion-focused therapy (15 people), emotion-focused therapy (15 people) and control group (15 people) by a simple random method (lottery). And in 8 group training sessions once a week, which are about It lasted 90 minutes.The location of the research was the counseling center of the Department of Education, and blinding was not done.

Participants/Inclusion and exclusion criteria

Inclusion criteria: 1. Being between 13 and 18 years old 2. Being a girl 3. Attempting suicide Exclusion criteria: 4. No addiction 5. No history of hospitalization 6. Failure to complete the questionnaire and no absence

Intervention groups

1. Emotion-oriented approach therapy 2: Compassion-focused therapy 3.control group

Main outcome variables

The participants are evaluated in three time periods with questionnaires, Margiarmo's mental well-being and Davidson's resilience.Students' well-being and resilience have been investigated and changed.

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20231117060085N1**
Registration date: **2023-12-01, 1402/09/10**
Registration timing: **retrospective**

Last update: **2023-12-01, 1402/09/10**
Update count: **0**

Registration date

2023-12-01, 1402/09/10

Registrant information

Name

Fatemeh Parsa

Name of organization / entity

Country

Iran (Islamic Republic of)

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Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2023-05-05, 1402/02/15

Expected recruitment end date

2023-09-21, 1402/06/30

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title
Comparing the effectiveness of Compassion Focus Therapy (CFT) and Emotion Focus Therapy (EFT) on the mental well-being and resilience of students with suicide experience in first and second high school girls.

Public title
Investigating the effect of emotional therapy and compassion on suicide
Purpose
Treatment
Inclusion/Exclusion criteria
Inclusion criteria:
Having an age range of 13-18 Attempted suicide in the time frame of 1402-1401 The gender of the girl The subject should not be under medication to reduce anxiety and depression
Exclusion criteria:
Addiction to any substance History of hospitalization Absence of more than two sessions in training sessions. Failure to complete the questionnaires at different stages of the research
Age
From **13 years** old to **18 years** old
Gender
Female

Phase
N/A
Groups that have been masked
No information
Sample size
Target sample size: **45**
Randomization (investigator's opinion)
Randomized
Randomization description
Simple random sampling method and the participants were replaced in emotional oriented therapy (15 people), compassion therapy (15 people) and control (15 people) groups. and divide people into 3 intervention groups and control group. The participants will be assigned to the control group (no therapeutic intervention), emotion-focused therapy (EFT) and compassion-focused therapy (CFT) using a random number table.For concealment, the method of opaque sealed envelopes with random sequence is used.
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 Tehran University of Research Sciences
Street address
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Approval date
2023-11-15, 1402/08/24
Ethics committee reference number
IR.IAU.SRB.REC.1402.279

Health conditions studied

1

Description of health condition studied
mental well-being
ICD-10 code
ICD-10 code description

2

Description of health condition studied
Resilience
ICD-10 code
ICD-10 code description

3

Description of health condition studied
Sucide
ICD-10 code
ICD-10 code description

Primary outcomes

1

Description
mental well-being
Timepoint
The evaluation will be done three times: pre-test-post-test-follow-up (one month after the end of the last session)
Method of measurement
Keyes and Magyarmo mental well-being questionnaire and Connor and Davidson resilience questionnaire

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: EFT (Emotional Therapy) intervention group, which includes EFT techniques. Interventions will be conducted as a group in 8 90-minute training sessions once a week for the subjects of the experimental group. After the intervention (in the follow-up phase), they will answer Keys and Magyarmo's mental well-being questionnaire and Davidson's resilience questionnaire. The content of the sessions will be as follows:The first session: conducting a pre-test, getting to know and establishing a therapeutic relationship, getting to know the general rules of treatment, evaluating the nature of the problem and interpersonal relationships, evaluating the clients' goals and expectations from the treatment sessions.The second session: Recognizing the negative interactive cycle and creating conditions where clients reveal their negative interactive cycle. Assessing the client's relationship and bond of attachment, familiarizing the client with the principles of emotion-oriented therapy and the effective role of emotions in interpersonal interactions, reconstructing interactions and increasing flexibility in the client.The third session: reshaping the problem in terms of underlying feelings and attachment needs, emphasizing the client's ability to express emotions and show attachment behaviors to the client, informing the client about the effect of their fear and defense structures on cognitive and emotional processes, describing the cycle Receiving and field of attachmentSession 4: Encouragement to identify rejected needs and aspects of self that have been denied. Attracting clients' attention to the way they interact with each other and reflecting their interaction patterns with respect and empathy, expressing attachment needs and identifying denied needs and increasing acceptance in clients.The fifth session: making people aware of the underlying emotions and revealing the position of each client in the relationship, emphasizing the acceptance of experiences and patients and exploring new ways of interaction, tracking known emotions, highlighting and re-explaining attachment needs and pointing out their healthy and naturalnessThe sixth session: Facilitating the expression of needs and desires and creating emotional conflict in clients and developing the initial emotional experience in the field of attachment and recognizing the needs and inner relationships, creating new attachments with a safe bond between clients.Seventh session: Creating new interactive situations between patients and ending old interactive patterns, clarifying the interactive pattern, reminding attachment needs.Eighth session: Strengthening the changes made during the treatment. Highlighting differences between current interactions and past interactions. Forming a relationship based on a safe bond so that discussing problems and searching for solutions does not harm them, summarizing and evaluating changes and implementing after the test.

Category

Behavior

2

Description

Intervention group: The treatment intervention group focused on compassion-psychological-educational interventions includes compassion-based treatment techniques. The interventions will be carried out as a group in 8 90-minute training sessions once a week for the subjects of the experimental group. And 30 days after the intervention (in the follow-up phase), they will answer Keys and Magyarmo's mental well-being questionnaire and Davidson's resilience questionnaire. The content of the sessions will be as follows:The first session: introducing and familiarizing the group members with each other and presenting the group rules and the way of doing the work and performing the pre-testThe second session: definition and explanation of the mind and the types of mind productions with metaphor, spade. People were asked to identify different shovels (ineffective ways of dealing with problems) in their lives with the help of creative helplessness.The third session: getting to know the characteristics of compassionate people, compassion towards others, cultivating a feeling of warmth and kindness towards oneself, cultivating and understanding that others also have defects and problems (cultivating a sense of human commonality) in front of self-destructive feelings. Training to increase warmth and energy, mindfulness, acceptance, wisdom and strength, warmth and non-judgment.The fourth session: Encouraging students to self-identify and examine their personality as compassionate versus non-compassionate with regard to educational topics, identification and application of exercises to cultivate a compassionate mind, the value of compassion, empathy and sympathy towards oneself and others.The fifth session: definition and interpretation of three emotional regulation systems (defense, motivation, security) and the characteristics of each of the systems and the role of the security system in the psychological well-being of the practice of mindful breathing.The sixth session: teaching compassion skills to the participants in the areas of compassionate attention, compassionate reasoning, compassionate behavior, compassionate imaging, compassionate feeling and compassionate perception, playing the role of a person in the three dimensions of self-criticism, self-criticism and Self-compassion using the Gestalt empty chair technique, finding the tone and tone of the inner self-critic and self-compassionate voice during internal dialogue and its similarity to the conversation pattern of important people in life such as parents.Seventh session: Filling the weekly table of critical thoughts, compassionate thoughts and compassionate behavior.Eighth session: review of the topics discussed in the previous sessions as well as summaries of the sessions and post-test implementation - coordinating the date of the questionnaire implementation with the references for the follow-up test

Category

Behavior

3

Description

Intervention group: Emotion-oriented therapy with compassion, psychological-educational interventions include techniques of emotion-oriented therapy with compassion. The interventions will be implemented in groups in 8 90-minute training sessions once a week for the subjects of the experimental group. 30 days after the intervention (in the follow-up phase), they will answer Keys and Magyarmo's mental well-being questionnaire and Koerner and Davidson's resilience questionnaire

Category

Behavior

Recruitment centers

1

Recruitment center

Name of recruitment center

Counseling Center of the Department of Education

Full name of responsible person

Fatemeh parsa

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Ministry of Education

Full name of responsible person

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Grant name

Grant code / Reference number

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

Yes

Title of funding source

Ministry of Education

Proportion provided by this source

20

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

Other

Person responsible for general inquiries

Contact

Name of organization / entity

Islamic Azad University

Full name of responsible person

Fariborz bagheri

Position

Associate Professor, Department of Psychology, Tehran University of Science and Research

Latest degree

Ph.D.

Other areas of specialty/work

Psychology

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