

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

10 Jun 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 1.5 hours. 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  
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)

##### Phone

+98 58 3293 3196

##### Email address

parsairani1993@yahoo.com

##### 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

No 1\_k hashemi nezhad \_st hashemi nezhad

#### City

Bojnourd

#### Province

North Khorasan

#### Postal code

9451855561

### 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

Suicide

### 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 attachment. Session 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 naturalness. The 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-test. The 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

**Street address**

No 8\_k hashemi nezhad 1\_st hashemi nezhad

**City**

Bojnourd

**Province**

North Khorasan

**Postal code**

9451855561

**Phone**

+98 915 574 5737

**Email**

Parsairani1993@yahoo.com

**Sponsors / Funding sources****1****Sponsor****Name of organization / entity**

Ministry of Education

**Full name of responsible person**

Omid amani

**Street address**

No 8\_k hashemi nezhad 1\_st hashemi nezhad

**City**

Bojnourd

**Province**

North Khorasan

**Postal code**

9451855561

**Phone**

+98 58 3293 3196

**Fax**

+98 915 574 5737

**Email**

Parsairani1993@yahoo.com

**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

**Street address**

No8\_k hashemi nezhad 1\_st hashemi nezhad

**City**

Bojnourd

**Province**

North Khorasan

**Postal code**

9451855561

**Phone**

+98 58 3293 3196

**Email**

Parsairani1993@yahoo.com

**Person responsible for scientific 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

**Street address**

No 8\_k hashemi nezhad 1\_st hashemi nezhad

**City**

Bojnurd

**Province**

North Khorasan

**Postal code**  
951855561  
**Phone**  
+98 58 3293 3196  
**Email**  
Paraairani1993@yahoo.com

9451855561  
**Phone**  
+98 58 3293 3196  
**Email**  
parsairani1993@yahoo.com

## Person responsible for updating data

### Contact

**Name of organization / entity**  
Islamic Azad University  
**Full name of responsible person**  
fatmeh parsa  
**Position**  
Doctoral student of educational psychology at Tehran  
Islamic Azad University of Science and Research  
**Latest degree**  
Master  
**Other areas of specialty/work**  
Psychology  
**Street address**  
st hashemi nezhad \_ hashemi nezhad 1\_no8  
**City**  
bojnurd  
**Province**  
North Khorasan  
**Postal code**

## 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