Clinical Trial Protocol
Iranian Registry of Clinical Trials

08 Nov 2026

The effectiveness of metacognitive therapy on mind reading, Autobiographical memory and cognitive emotion regulation in students with social anxiety

Protocol summary

Study aim
Determining the effectiveness of metacognitive therapy on mind reading, autobiographical memory, and cognitive emotion regulation in students with social anxiety

Design
A clinical trial, including pre-test, post-test, and follow-up assessments, will be conducted on two groups (experimental and control) with a sample size of 30. Randomization of the research sample will be achieved using a table of random numbers

Settings and conduct
This research will be conducted in the education and training organization of region 1 in Sanandaj. After obtaining permission, 30 female students with social anxiety disorder will be selected and assigned to two groups (experimental and control). The experimental group will receive a 10-session intervention, while the control group will not undergo any intervention

Participants/Inclusion and exclusion criteria
Inclusion criteria: 1. Having social anxiety disorder. 2. Declaring consent to participate in the research. Exclusion criteria: 1. Lack of consent for intervention participation 2. Having other disorders 3. Participation in similar courses

Intervention groups
The intervention group consists of students diagnosed with social anxiety disorder who receive a pre-test, post-test, follow-up, and metacognitive therapy intervention based on the protocol by Wells et al. (2009) in 10 sessions lasting 90 minutes each The comparison group (control group) includes students with social anxiety who undergo pre-test, post-test, and follow-up assessments but do not receive any intervention

Main outcome variables
Mind Reading, Autobiographical Memory, and cognitive emotion regulation

General information

Reason for update

Acronym

IRCT registration information
IRCT registration number: **IRCT20230417057932N3**
Registration date: **2024-02-04, 1402/11/15**
Registration timing: **registered_while_recruiting**

Last update: **2024-02-04, 1402/11/15**
Update count: **0**

Registration date
2024-02-04, 1402/11/15

Registrant information

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Name of organization / entity
The University of Kurdistan

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Recruitment status
Recruitment complete

Funding source

Expected recruitment start date
2024-01-12, 1402/10/22

Expected recruitment end date
2024-02-11, 1402/11/22

Actual recruitment start date
empty

Actual recruitment end date
empty

Trial completion date

empty

Scientific title
The effectiveness of metacognitive therapy on mind reading, Autobiographical memory and cognitive emotion regulation in students with social anxiety

Public title
The effectiveness of metacognitive therapy on social anxiety

Purpose
Education/Guidance

Inclusion/Exclusion criteria

Inclusion criteria:
Middle school students and attendance in school during the research period Being in the age range of 14 to 18 years Being diagnosed with social anxiety disorder, determined through the Liebowitz Social Anxiety Scale (1998) and an interview conducted by an experienced psychologist following the criteria of DSM-5-TR

Exclusion criteria:
Having a chronic and disabling medical condition Having concurrent comorbid mental disorders Participating in similar courses either in the past or concurrently with the independent variable Consumption of neurologic and psychiatric medications

Age
From **14 years** old to **18 years** old

Gender
Female

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **30**

Randomization (investigator's opinion)
Randomized

Randomization description
In this manner, numerical ranging from 1 to 30 are randomly assigned to all participants in the research study. Subsequently, even numbers will be randomly assigned to one group, and odd numbers to another group. Finally, one of the groups will be randomly selected for the intervention group, while the other group will be designated as 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
Research Ethics Committees of University of Kurdistan

Street address
Central building, Kurdistan of University, Pasdaran Blvd., Sanandaj, Iran

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Sanandej

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Postal code
15175 -66177

Approval date
2023-12-23, 1402/10/02

Ethics committee reference number
IR.UOK.REC.1402.024

Health conditions studied

1

Description of health condition studied
Social anxiety disorder

ICD-10 code
F40.1

ICD-10 code description
Social phobias

Primary outcomes

1

Description
Mind reading

Timepoint
Pre-test (before intervention), post-test (after intervention), follow-up (2 months after intervention)

Method of measurement
Baron-Cohen mind reading test (2001)

2

Description
Autobiographical memory

Timepoint
Pre-test (before intervention), post-test (after intervention), follow-up (2 months after intervention)

Method of measurement
Autobiographical Memory Test (AMT), Williams and Broadbent (1986)

3

Description
cognitive emotion regulation

Timepoint
Pre-test (before intervention), post-test (after intervention), follow-up (2 months after intervention)

Method of measurement
Garnevsky and Kraij (2006) cognitive emotion regulation

Questionnaire

Secondary outcomes

empty

Intervention groups

1

Description

Intervention Group: In this study, the intervention group will receive 10 sessions of cognitive-behavioral therapy based on the protocol by Wells et al. (2009). Session 1: Introduction and preparation, implementation of the downward arrow technique, initiating challenge with dysfunctional beliefs, practicing fragmented mindfulness.Session 2: Continuing the challenge with dysfunctional beliefs, postponing worry.Session 3: Presenting opposing evidence, examining and stopping avoidant behaviors, reversing avoidant behaviors.Session 4: Initiating challenge with beliefs related to danger, attempting to lose control or harm oneself using the worry experiment. Session 5: Continuing the challenge with beliefs about the dangerousness of worry. Implementing the challenge experiment with beliefs related to danger in the therapy session.Session 6: Continuing the challenge with beliefs about danger, emphasizing reversing any remaining non-adaptive strategies, behavioral experiments to challenge beliefs about danger. Session 7: Initiating challenge with positive beliefs. Session 8: Continuing the challenge with positive beliefs. Implementing the non-compliance strategy in the therapy session. Session 9: Working on reversing remaining symptoms. Implementing the effective strategy, initiating work on a new plan.Session 10: Working on the treatment plan (preventing relapse), strengthening the alternative plan, and explaining it clearly with examples.

Category

Behavior

2

Description

Control Group: In this study, the control group will participate in pre-test, post-test, and follow-up assessments, but no intervention will be implemented for this group

Category

Behavior

Recruitment centers

1

Recruitment center

Name of recruitment center

Counseling Center, Directorate General of Education and Training

Full name of responsible person

Ali Soleimani

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No. 10, Ferdowsi Street, Azadi Square, Sanandaj, Iran.

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Sponsors / Funding sources

1

Sponsor

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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

The University of Kurdistan

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

University of Kurdistan

Full name of responsible person

Anvar Dastbaz

Position

Assistant Professor

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