

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

04 Jul 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

##### Name

Anvar Dastbaz

##### Name of organization / entity

The University of Kurdistan

##### Country

Iran (Islamic Republic of)

##### Phone

+98 87 3372 5050

##### Email address

anvardastbaz@uok.ac.ir

##### 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

##### City

Sanandaj

##### Province

Kurdistan

##### 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

Garnevsy 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

#### Street address

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

#### City

Sanandaj

#### Province

Kurdistan

#### Postal code

6648578634

#### Phone

+98 87 3323 4715

#### Email

a\_solimani2003@yahoo.com

## Sponsors / Funding sources

### 1

#### Sponsor

##### Name of organization / entity

The University of Kurdistan

##### Full name of responsible person

Ali Akbar Mozafari

##### Street address

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

##### City

Sanandaj

##### Province

Kurdistan

##### Postal code

15175 -66177

##### Phone

+98 87 3378 6993

##### Email

info@uok.ac.ir

#### 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

**Street address**

No. 64, Kurdistan of University, Pasdaran Blvd.,  
Sanandaj, Iran.

**City**

Sanandaj

**Province**

Kurdistan

**Postal code**

6617715175

**Phone**

+98 87 3366 4600

**Email**

Anvardastbaz@uok.ac.ir

**Web page address**

<https://uok.ac.ir/~anvardastbaz/home66>

**Person responsible for scientific 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

**Street address**

No. 64, Kurdistan of University, Pasdaran Blvd.,  
Sanandaj, Iran.

**City**

Sanandaj

**Province**

Kurdistan

**Postal code**

6617715175

**Phone**

+98 87 3366 4600

**Email**

Anvardastbaz@uok.ac.ir

**Web page address**

<https://uok.ac.ir/~anvardastbaz/home>

**Person responsible for updating data**

**Contact**

**Name of organization / entity**

The University of Kurdistan

**Full name of responsible person**

Anvar Dastbaz

**Position**

Assistant Professor

**Latest degree**

Ph.D.

**Other areas of specialty/work**

Psychology

**Street address**

No. 64, Kurdistan of University, Pasdaran Blvd.,  
Sanandaj, Iran.

**City**

Sanandaj

**Province**

Kurdistan

**Postal code**

15175 -66177

**Phone**

009887133664600

**Email**

anvardastbaz@uok.ac.ir

**Web page address**

<https://uok.ac.ir/~anvardastbaz/home>

**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