

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)

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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

City

Sanandaj

Province

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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

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.

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

The University of Kurdistan

Full name of responsible person

Ali Akbar Mozafari

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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