Clinical Trial Protocol
Iranian Registry of Clinical Trials

07 Nov 2026

The impact of group training in emotional regulation techniques on problem solving skill and social anxiety in secondary school female students

Protocol summary

Study aim
Determining the effect of group training of emotional regulation techniques on problem solving skills and social anxiety of female students of the second secondary school

Design
The randomized controlled trial will involve 50 participants and utilize a single-blind design. Simple randomization will be employed for randomization purposes.

Settings and conduct
The research environment is second secondary girls' schools in Shiraz city and the study is one-sided blind, before the intervention, a pre-test is taken from two groups; Group training of emotional regulation techniques will be provided during 8 one-hour sessions and one session per week for the intervention group. The control group will not receive any training. The post-test will be taken immediately after the intervention and one month later.

Participants/Inclusion and exclusion criteria
Inclusion criteria: Female high school students in the second grade, informed written consent of students and parents. Exclusion criteria: Suffering from any disabling physical or psychological illness (confirmed by a specialist physician)

Intervention groups
Group training sessions on emotion regulation techniques will be provided throughout 8 one-hour sessions, with one session per week for the intervention group. The control group will not receive any training during this period. At the end of the research, the training provided will be made available to the control group in the form of a pamphlet.

Main outcome variables
Problem-solving skills; Social anxiety

General information

Reason for update

Acronym

IRCT registration information
IRCT registration number: **IRCT20220413054521N1**
Registration date: **2024-02-27, 1402/12/08**
Registration timing: **prospective**

Last update: **2024-02-27, 1402/12/08**
Update count: **0**

Registration date
2024-02-27, 1402/12/08

Registrant information

Name
Narjes Nick
Name of organization / entity
Country
Iran (Islamic Republic of)
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+98 71 3647 4254
Email address
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Recruitment status
Recruitment complete

Funding source

Expected recruitment start date
2024-03-05, 1402/12/15

Expected recruitment end date
2024-05-20, 1403/02/31

Actual recruitment start date
empty

Actual recruitment end date
empty

Trial completion date
empty

Scientific title
The impact of group training in emotional regulation techniques on problem solving skill and social anxiety in secondary school female students

Public title
The effect of group training of emotional regulation techniques on problem solving skills and social anxiety

Purpose
Supportive

Inclusion/Exclusion criteria

Inclusion criteria:
Being a female student of the second level of secondary school Willingness of students to participate in research Written informed consent of students and parents to participate in the research project Not receiving psychological treatments at the same time or at least six months before entering the research Failure to participate in similar research or training at the same time Living with parents at the same time

Exclusion criteria:
Suffering from any type of physical disease or debilitating psychological disease (confirmed by a specialist doctor) that affects the student's ability to participate in training sessions The student has experienced a specific crisis such as the loss of family members (parents, siblings) during the past six months In the current academic year, the transfer student is from another city except Shiraz The student is absent from intervention sessions for more than one session

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

Gender
Female

Phase
N/A

Groups that have been masked

- Data analyser

Sample size
Target sample size: **50**

Randomization (investigator's opinion)
Randomized

Randomization description
The participants will be randomly assigned to two groups by simple randomization. The unit of randomization is individual. The tool of randomization is a table of random numbers. First, one of the four districts of education in Shiraz city will be selected by lottery. From the selected district, two high schools will be chosen by lottery. From each school, 25 students will be selected based on the inclusion criteria and randomly assigned to one of the two groups using a table of random numbers. Blinding will be done about the statistical analyzer.

Blinding (investigator's opinion)
Single blinded

Blinding description
In this study, blinding will be done about the statistical analyst

Placebo
Not used

Assignment
Other

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee
Ethics committee of Shiraz University of Medical Sciences

Street address
Shiraz, Zand Street, Central Building of Shiraz University of Medical Sciences

City
Shiraz

Province
Fars

Postal code
71348-14336

Approval date
2024-01-27, 1402/11/07

Ethics committee reference number
IR.SUMS.NUMIMG.REC.1402.139

Health conditions studied

1

Description of health condition studied
Social Anxiety

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description
Social anxiety

Timepoint
Before the intervention, immediately after the end of the intervention and one month after the end of the intervention

Method of measurement
LaGreca Social anxiety questionnaire for Adolescents

2

Description
Social problem-solving skills

Timepoint
Before the intervention, immediately after the end of the intervention and one month after the end of the intervention

Method of measurement
D'Zurilla et al.'s Social Problem solving Inventory _ Revised

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: Intervention group: The intervention for this group is the training of emotional regulation techniques. Before starting the intervention, a pre-test will be taken from this group. These trainings are offered in groups. Training is one session per week and each session lasts for one hour. The mentioned intervention will continue for eight weeks. At the end of each training session, the relevant assignment is determined and the next session of homework is reviewed. Emotional regulation techniques are taught based on related sources and the book of Leahy's Applied Psychotherapy Emotional Regulation Techniques and under the supervision of professors of the psychiatric nursing department. The content of the eight mentioned sessions is summarized as follows: First session: stating the main and secondary goals, stating the logic and stages of the intervention and stating the framework and rules, pre-test, defining emotion regulation, the necessity of emotion regulation, getting to know the types of positive and negative emotions. The second session: teaching the technique of labeling emotions and differentiating them from other possible emotions. The third session: Emotion normalization training. The fourth session: Teaching the technique of increasing the power of emotion acceptance. The fifth session: teaching the technique of creating atmosphere for excitement. 6th session: Teaching the technique of strengthening emotional awareness. Seventh session: Teaching the technique of light and weighting benefits and disadvantages. The eighth session: review of the presented techniques and final summary, implementation of the post-exam.

Category

N/A

2

Description

Control group: No intervention will be done for this group, but in order to comply with ethics, after the end of the interventions, the training of emotional regulation techniques provided to the intervention group will be given to the control group in the form of a pamphlet.

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center

Second secondary girls' schools

Full name of responsible person

Ashraf Akbari

Street address

Faculty of Nursing and Midwifery of Hazrat Fatemeh., entrance of Namazi Hospital., Namazi Square., Shiraz Province

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Shiraz University of Medical Sciences

Full name of responsible person

Mohammad Hashem Hashempour

Street address

Deputy of research and technology., 7th Floor., The central building of Shiraz University of Medical Sciences., Zand Ave., Shiraz Province

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vcrdep@sums.ac.ir

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Shiraz University of Medical Sciences

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

Shiraz University of Medical Sciences

Full name of responsible person
Narjes Nick

Position
Asistant professor

Latest degree
Ph.D.

Other areas of specialty/work
Nursery

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Faculty of Nursing and Midwifery of Hazrat Fatemeh., entrance of Namazi Hospital., Namazi Square., Shiraz Province

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Person responsible for scientific inquiries

Contact

Name of organization / entity
Shiraz University of Medical Sciences

Full name of responsible person
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Assistant professor

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Person responsible for updating data

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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