Clinical Trial Protocol
Iranian Registry of Clinical Trials

22 Nov 2026

Managing Psychological Distress to Improve the Quality of Life, Self-Efficacy and Emotional Intelligence of School Teachers by Using Cognitive Behavioral Therapy

Protocol summary

Study aim
The aim of study is to manage psychological distress to improve quality of life, self-efficacy and emotional intelligence of school teachers by using cognitive behavioral therapy

Design
This phase of the study will be based on Randomized Control Trial with Pre and Post test design with 187 subjects, enrolled between February 2024 to June 2024.

Settings and conduct
The independent variable of the study will be cognitive behavioral therapy while the dependent variable will be psychological distress, quality of life, self-efficacy and emotional intelligence. There will be two groups. One group will be experimental group which will receive treatment and the other will be control group which will not receive any treatment. Nature of the treatment will be brief cognitive behavioral therapy.

Participants/Inclusion and exclusion criteria
Inclusion criteria: Female school teachers employed in government and private schools in the Layyah district, employed for at least one year, females who will score high in psychological distress scale. Exclusion criteria: Male school teachers, who will be unwilling to participate in the CBT intervention, females who will score low in psychological distress scale.

Intervention groups
Participants in the Experimental group will receive 8 sessions of culturally adapted Cognitive behavioral therapy. Each session will be comprised on 120 minutes once in a week. However Control group will be kept passive and will not receive any treatment during experiment.

Main outcome variables
Level of psychological distress.

General information

Reason for update

Acronym
CBT

IRCT registration information
IRCT registration number: **IRCT20231030059904N1**
Registration date: **2025-01-04, 1403/10/15**
Registration timing: **retrospective**

Last update: **2025-01-04, 1403/10/15**
Update count: **0**

Registration date
2025-01-04, 1403/10/15

Registrant information

Name
Bisma Akhlaq

Name of organization / entity
Islamia University Bahawalpur

Country
Pakistan

Phone
+92 606 420130

Email address
s22bapsy4m01003@iub.edu.pk

Recruitment status
Recruitment complete

Funding source

Expected recruitment start date
2024-02-01, 1402/11/12

Expected recruitment end date
2024-06-30, 1403/04/10

Actual recruitment start date
empty

Actual recruitment end date
empty

Trial completion date
empty

Scientific title
Managing Psychological Distress to Improve the Quality of Life, Self-Efficacy and Emotional Intelligence of School Teachers by Using Cognitive Behavioral Therapy

Public title
Effect of Psychological Distress on Quality of Life, Self-Efficacy and Emotional Intelligence of School Teachers by Using Cognitive Behavioral Therapy

Purpose
Treatment

Inclusion/Exclusion criteria

Inclusion criteria:
Female school teachers from government and private sector having at least one year experience Female school teachers with same traits as age, marital status, experience Female who will score more on psychological distress scale Agree to participate in Cognitive behavioral therapy intervention

Exclusion criteria:
Male schools teachers Female teachers with less than one year of experience Those who score low on psychological distress scale

Age
From **20 years** old

Gender
Female

Phase
2

Groups that have been masked
No information

Sample size
Target sample size: **176**

Randomization (investigator's opinion)
Randomized

Randomization description
Simple random sampling by including the government and private female school teachers from urban and rural areas of Layyah district equally. There are three tehsils in this district and data will be collected from each of them by using this sampling technique.

Blinding (investigator's opinion)
Not blinded

Blinding description

Placebo
Not used

Assignment
Single

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee
Institutional Human Ethics Committee (IHEC)

Street address
Islamia University Bahawalpur

City
Bhawalpur

Postal code
63100

Approval date
2023-09-07, 1402/06/16

Ethics committee reference number
1714030444

Health conditions studied

1

Description of health condition studied
Psychological distress

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description
level of psychological distress

Timepoint
Before the intervention, immediately after the intervention and 6 weeks after the intervention

Method of measurement
The Kessler Psychological Distress Scale (K10) will be used to measure psychological distress. Quality of life by using the WHOQOL-BREF instrument. Self-efficacy will be measured by usingTeacher Self-Efficacy Scale (TSES), developed by Schwarzer et al. (1999) and emotional intelligence will be measured by using Brief Emotional Intelligence Scale (BEIS-10).

Secondary outcomes

1

Description
To assess the impact of psychological distress on quality of life, self-efficacy and emotional intelligence of school teachers

Timepoint
Before the intervention, immediately after the intervention and 6 weeks after the intervention

Method of measurement
Psychological disrtess scale

Intervention groups

1

Description
Intervention Group: This group will receive Culturally Adopted Cognitive Behavioral Therapy to decrease their

psychological distress and to improve quality of life, self-efficacy and emotional intelligence of school teachers. Culturally adopted cognitive behavior therapy is a dialogue written exercises based therapy that is comprised on eight sessions . All subjects of experimental group will receive one session in a week that will be comprised of 120 minutes. After completing eight sessions of psycho therapy, post assessment will be conducted to assess the effectiveness.

Category
Other

2

Description
Control group: This group will be kept passive and will not receive any treatment during experiment. Follow up will be taken of both groups after two months of post assessment.

Category
Other

Recruitment centers

1

Recruitment center

Name of recruitment center
Government and private schools

Full name of responsible person
Bisma Akhlaq

Street address
Layyah district

City
Layyah

Postal code
0606

Phone
+92 331 6844483

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bismakhlaq@gmail.com

Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Islamia university Bahawalpur

Full name of responsible person
Aqeel Ahmad

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aqeel.ahamd@iub.edu.pk

Grant name

Grant code / Reference number

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

Title of funding source
Islamia university Bahawalpur

Proportion provided by this source
30

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
Islamia University Bahawalpur

Full name of responsible person
Bisma Akhlaq

Position
PhD Scholar

Latest degree
Ph.D.

Other areas of specialty/work
Psychology

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Contact

Name of organization / entity
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Professor

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Psychology

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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