Clinical Trial Protocol
Iranian Registry of Clinical Trials

08 Nov 2026

The effectiveness of emotion-focused qroup therapy on negative emotions and self-criticism and secure attachment in male adolescents

Protocol summary

Study aim
The effectiveness of emotion-focused group therapy on negative emotions, self-criticism, and secure attachment.

Design
The clinical trial consisted of an experimental group and a control group, with parallel groups, unblinded, and randomized, conducted on 24 subjects. Statistical software was used for randomization.

Settings and conduct
The intervention is a group format and will be conducted in 8 in-person sessions. Each session will last 90 minutes. The group leader and facilitator will be individuals who will implement the protocol methods in accordance with the established protocol and the determined number of sessions.

Participants/Inclusion and exclusion criteria
Entry criteria: Age range 14 to 18 years, male gender, attendance at all sessions. Exit criteria: Absence from more than one session.

Intervention groups
A total of 24 adolescents were selected through convenience sampling, and then randomly assigned to two experimental groups (12) and a control group (12). After the groups were formed, the participants completed questionnaires to assess the dependent variables as a pre-test. The experimental group participated in an emotion-focused treatment program for 2 months, while the control group remained untouched. After the treatment period, both groups underwent a post-test, and 2 months later, they completed the questionnaires again for a follow-up assessment.

Main outcome variables
Negative emotions, self-criticism, secure attachment.

General information

Reason for update

Acronym

IRCT registration information
IRCT registration number: **IRCT20240920063103N1**
Registration date: **2024-09-28, 1403/07/07**
Registration timing: **prospective**

Last update: **2024-09-28, 1403/07/07**
Update count: **0**

Registration date
2024-09-28, 1403/07/07

Registrant information
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Name of organization / entity
Hekmat razavi
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Recruitment status
Recruitment complete

Funding source

Expected recruitment start date
2024-10-01, 1403/07/10

Expected recruitment end date
2024-11-30, 1403/09/10

Actual recruitment start date
empty

Actual recruitment end date
empty

Trial completion date
empty

Scientific title
The effectiveness of emotion-focused qroup therapy on negative emotions and self-criticism and secure attachment in male adolescents

Public title
The effects of group therapy on adolescent boys
Purpose
Treatment
Inclusion/Exclusion criteria
Inclusion criteria:
Adolescents aged 14 to 18 years Male gender Attendance at all meetings
Exclusion criteria:
absence for more than one session
Age
From **14 years** old to **18 years** old
Gender
Male

Phase
N/A
Groups that have been masked
No information
Sample size
Target sample size: **24**
Randomization (investigator's opinion)
Randomized
Randomization description
Randomization will be done using software. Divide the number of participants by half and enter columns 1 and 2. In the second column, we will generate a random number using the RAND function. Then, the data will be sorted randomly based on the order of numbers in columns 1 and 2, and the samples will be assigned to two groups.
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
Ethics Committee of Ferdowsi University
Street address
Andisheh 68, Andisheh Boulevard, Hakim Razavi Higher Education Institute, Mashhad City.
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Razavi Khorasan
Postal code
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Approval date
2024-09-18, 1403/06/28
Ethics committee reference number
IR.UM.REC.1403.197

Health conditions studied

1

Description of health condition studied
The clients have complete physical and mental health.
ICD-10 code
ICD-10 code description

Primary outcomes

1

Description
The efficacy of emotion-focused group therapy on negative emotions, self-criticism, and secure attachment in adolescent boys may lead to a reduction in negative emotions and self-criticism and an increase in secure attachment among adolescent boys.
Timepoint
The effectiveness of emotion-focused group therapy on negative emotions, self-criticism, and secure attachment in adolescent boys was measured using dependent variables in a preliminary study (before the start of therapy) and at 2 months (after the completion of therapy), as well as 2 months after the completion of therapy (follow-up period).
Method of measurement
The effectiveness of emotion-focused group therapy on the emotional anxiety, self-criticism, and secure attachment of adolescent boys can be measured using instruments such as the Positive and Negative Affect Schedule (PANAS) developed by Watson and colleagues, the Self-Criticism Questionnaire by Thompson and Zaroff, and the Hazan and Shaver Attachment Questionnaire.

Secondary outcomes

empty

Intervention groups

1

Description
Intervention group: Intervention Group: Emotion-Focused Group Therapy for a duration of 2 months, with one 90-minute session per week, at Sepehr Aramesh Clinic, involving 12 adolescent boys in the experimental group (intervention).
Category
Treatment - Other

Recruitment centers

1

Recruitment center
Name of recruitment center

Hekmat razavi Institute

Full name of responsible person
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Sponsors / Funding sources

1

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Grant name

Grant code / Reference number

Is the source of funding the same sponsor organization/entity?
No

Title of funding source
Hekmat razavi institute of higher education

Proportion provided by this source
100

Public or private sector
Private

Domestic or foreign origin
Domestic

Category of foreign source of funding
empty

Country of origin

Type of organization providing the funding
Other

Person responsible for general inquiries

Contact

Name of organization / entity
Hekmat razavi

Full name of responsible person
Mahla mohammadi

Position
Student

Latest degree
Bachelor

Other areas of specialty/work
Psychology

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Sharing plan

Deidentified Individual Participant Data Set (IPD)
Yes - There is a plan to make this available
Study Protocol
Yes - There is a plan to make this available
Statistical Analysis Plan
Yes - There is a plan to make this available
Informed Consent Form
Yes - There is a plan to make this available
Clinical Study Report
Not applicable
Analytic Code
Not applicable
Data Dictionary
Yes - There is a plan to make this available
Title and more details about the data/document
Only part of the data, such as information about the main results or the like, can be shared
When the data will become available and for how long
The access period starts 3 months after the results are published
To whom data/document is available
Available to researchers
Under which criteria data/document could be used
It will be analyzed and analyzed in two descriptive and inferential levels. At the level of descriptive statistics, mean and standard deviation, and at the level of inferential statistics, Shapiro-Wilk test to check the normality of the distribution of variables, Levine's test to check the equality of variances, Mochli's test to check the assumption of sphericity of the data and also the test of variances. The tricks will be used to check the research hypothesis and multivariate covariance.
From where data/document is obtainable
mahlamohammadi4821@gmail.com
What processes are involved for a request to access data/document
After requesting access to the data, the data will reach you within a week
Comments