

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

10 Jun 2026

### Screening and Management of Psychosocial Issues Due to Social Media Addiction Among University Students by Using Cognitive Behavior Therapy

#### Protocol summary

##### Study aim

To screen out the psychosocial issues due to social media addiction. To compare the level of psychosocial issues among male and female students. To screen out the severity level of social media addiction.

##### Design

This research study will be conducted in two phases: phase-I (screening and identification of psychosocial issues due to social media addiction), and phase-II (management of psychosocial issues due to social media addiction by using CBT). In this study 30, 30 students will be recruited for both groups with psychosocial issues. In phase-II, there will be two groups, experimental group (receive the treatment) and control group (will not receive the treatment) age between 18-25 years. For pre-test and post-test, researcher will use cross sectional research design for baseline assessment and evaluation, and at the time of management of psychosocial issues, there will be experimental research design.

##### Settings and conduct

Following settings and conduct will be follow in this study: It is not blinded study, Informed consent, Privacy/confidentiality, Voluntary participation, Right to withdraw, Potential to harm, Anonymity, and Results communication.

##### Participants/Inclusion and exclusion criteria

Inclusion criteria: University students aged 18-25 (Years) Male, Female students Provide informed consent  
Exclusion criteria: More than 25 years age and less than 18 years age Do not provide informed consent Students with severe mental health disorder Student who are currently receiving psychological treatment

##### Intervention groups

There will two intervention groups, experimental group (receive the treatment) and control group (will not receive the treatment) with psychosocial issues.

##### Main outcome variables

Main outcome variables are: Reduction of Psychosocial issues like Depression, anxiety, stress, cyberbullying, loneliness, social comparison.

#### General information

##### Reason for update

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT20241030063547N1**

Registration date: **2025-03-09, 1403/12/19**

Registration timing: **registered\_while\_recruiting**

Last update: **2025-03-09, 1403/12/19**

Update count: **0**

##### Registration date

2025-03-09, 1403/12/19

##### Registrant information

##### Name

Aamir Iqbal

##### Name of organization / entity

Islamia University Bahawalpur

##### Country

Pakistan

##### Phone

+92 334 7722602

##### Email address

s22bapsy4m01010@iub.edu.pk

##### Recruitment status

**Recruitment complete**

##### Funding source

##### Expected recruitment start date

2025-02-06, 1403/11/18

##### Expected recruitment end date

2025-04-30, 1404/02/10

##### Actual recruitment start date

empty  
**Actual recruitment end date**  
empty  
**Trial completion date**  
empty  
**Scientific title**  
Screening and Management of Psychosocial Issues Due to Social Media Addiction Among University Students by Using Cognitive Behavior Therapy  
**Public title**  
CBT intervention for social media addicts  
**Purpose**  
Prevention  
**Inclusion/Exclusion criteria**  
**Inclusion criteria:**  
University students Age-18-25 (Years) Male, Female students Who meet the criteria for social media addiction Who experience psychosocial issues Provide informed consent  
**Exclusion criteria:**  
More than 25 years age Less than 18 years age Less than substantial level of scoring Do not provide informed consent Students with severe mental health disorder Student who are currently receiving psychological treatment Who do not meet the criteria for social media addiction Who do not experience psychosocial issues  
**Age**  
From **18 years** old to **25 years** old  
**Gender**  
Both  
**Phase**  
1-2  
**Groups that have been masked**  
*No information*  
**Sample size**  
Target sample size: **60**  
**Randomization (investigator's opinion)**  
Randomized  
**Randomization description**  
This study will utilize a randomized controlled trial (RCT) design to evaluate the effectiveness of Cognitive Behavioral Therapy (CBT) in managing psychosocial issues due to social media addiction among university students. Participants who meet the inclusion criteria will be randomly assigned to either the Intervention Group (CBT therapy) or the Control Group (no intervention) by sealed envelopes technique. Randomization will follow a 1:1 allocation ratio to ensure equal distribution of participants across groups. This randomization strategy ensures the study minimizes bias, and allows for valid comparisons between the intervention and control groups.  
**Blinding (investigator's opinion)**  
Not blinded  
**Blinding description**  
**Placebo**  
Not used  
**Assignment**  
Crossover  
**Other design features**

## Secondary Ids

empty

## Ethics committees

1

### Ethics committee

#### Name of ethics committee

Bioethical research committee

#### Street address

IUB, Bahawalpur, Punjab, Pakistan

#### City

Bahawalpur

#### Postal code

63100

### Approval date

2024-04-12, 1403/01/24

### Ethics committee reference number

1421

## Health conditions studied

1

### Description of health condition studied

Psychosocial issues due to social media addiction

### ICD-10 code

Z56.6

### ICD-10 code description

Uncongenial work (Z56.6) Other Physical and Mental Strain Related to Work

## Primary outcomes

1

### Description

Reduction in severity of psychosocial issues, effectiveness of screening tools, Intervention efficacy, Efficacy of management plan

### Timepoint

Before intervention, than after 4 weeks and than at the end of intervention

### Method of measurement

Through screening tools of measurement

## Secondary outcomes

1

### Description

Prevalence of psychosocial issues due to social media addiction

### Timepoint

Before and after the intervention

### Method of measurement

Through screening tools of measurement

## Intervention groups

1

### Description

Intervention group: CBT intervention

### Category

Prevention

2

### Description

Control group: No treatment

### Category

N/A

## Recruitment centers

1

### Recruitment center

#### Name of recruitment center

Islamia University Bahawalpur

#### Full name of responsible person

Aqeel Ahmad Khan

#### Street address

Department of applied psychology, Islamia University  
Bahawalpur

#### City

Bahawalpur

#### Postal code

63100

#### Phone

+92 300 6846464

#### Email

aqeelahmad@iub.edu.pk

## Sponsors / Funding sources

1

### Sponsor

#### Name of organization / entity

Islamia University Bahawalpur

#### Full name of responsible person

Aqeel Ahmad Khan

#### Street address

Islamia University Bahawalpur

#### City

Bahawalpur

#### Postal code

63100

#### Phone

+92 300 6846464

#### Email

aqeel.ahmad@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

50

#### 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

Aamir Iqbal

#### Position

PhD scholar

#### Latest degree

Master

#### Other areas of specialty/work

Psychology

#### Street address

IUB

#### City

Bahawalpur

#### Province

Punjab

#### Postal code

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s22bapsy4m01010@iub.edu.pk

## Person responsible for scientific inquiries

### Contact

#### Name of organization / entity

Islamia University Bahawalpur

#### Full name of responsible person

Aqeel Ahmad Khan

#### Position

Assistant Professor

#### Latest degree

Ph.D.

#### Other areas of specialty/work

Psychology

#### Street address

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**Email**

aqeel.ahmad@iub.edu.pk

**Person responsible for updating data**

**Contact**

**Name of organization / entity**

IUB

**Full name of responsible person**

Aamir Iqbal

**Position**

PhD Scholar

**Latest degree**

Master

**Other areas of specialty/work**

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**Email**

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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**

Yes - There is 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**

Yes - There is a plan to make this available

**Clinical Study Report**

Yes - There is 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

**Title and more details about the data/document**

Measuring tools

**When the data will become available and for how long**

After completion the intervention

**To whom data/document is available**

Both for academic and business purpose

**Under which criteria data/document could be used**

Related to the this research

**From where data/document is obtainable**

Email address

**What processes are involved for a request to access data/document**

Simple by using email address

**Comments**