Clinical Trial Protocol
Iranian Registry of Clinical Trials

07 Nov 2026

Effectiveness of Emotion-Focused Schema Therapy on Emotion Regulation, Sense of Happiness, and Academic Procrastination in Students

Protocol summary

Study aim
Determining the effectiveness of Emotion-Focused Schema Therapy on emotion regulation, sense of happiness, and academic procrastination in students.

Design
This is an interventional study involving two groups: a control group and an experimental group receiving Emotion-Focused Schema Therapy. Participants will be randomly assigned in blocks of 2, with 15 individuals in each group. Inclusion criteria include providing informed consent to participate in the study and being enrolled in an undergraduate program for at least two academic semesters. Each participant will be randomly assigned to either the experimental or control group.

Settings and conduct
This study examines Leahy's Emotional Schema Therapy among undergraduate students at Behshahr Azad University. A sample of 30 students, selected through convenience sampling, will be randomly assigned into two groups of 15 (experimental and control), based on informed consent and at least two semesters of enrollment.

Participants/Inclusion and exclusion criteria
Inclusion Criteria: Age between 18 and 45 years Being enrolled in an undergraduate program for at least two academic semesters Exclusion Criterion: Undergoing psychotherapy during the study

Intervention groups
The control group will not receive any treatment. The experimental group will undergo Leahy's Emotion-Focused Schema Therapy over the course of 10 sessions.

Main outcome variables
This study focuses on Leahy’s Emotion-Focused Schema Therapy and targets undergraduate students at Islamic Azad University, Behshahr. A sample of 30 participants, selected through convenience sampling, will be randomly assigned in blocks of 2 to either an experimental or a control group, based on inclusion criteria.

General information

Reason for update
Acronym
IRCT registration information
IRCT registration number: **IRCT20250310065023N1**
Registration date: **2025-08-05, 1404/05/14**
Registration timing: **prospective**

Last update: **2025-08-05, 1404/05/14**
Update count: **0**

Registration date
2025-08-05, 1404/05/14

Registrant information
Name
Zahra Shahabbasi
Name of organization / entity
Country
Iran (Islamic Republic of)
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Recruitment status
Recruitment complete
Funding source

Expected recruitment start date
2025-09-23, 1404/07/01
Expected recruitment end date
2025-09-23, 1404/07/01
Actual recruitment start date
empty
Actual recruitment end date
empty

Trial completion date
empty

Scientific title
Effectiveness of Emotion-Focused Schema Therapy on Emotion Regulation, Sense of Happiness, and Academic Procrastination in Students

Public title
Effectiveness of Emotion-Focused Schema Therapy on Emotion Regulation, Sense of Happiness, and Academic Procrastination in Students

Purpose
Education/Guidance

Inclusion/Exclusion criteria
Inclusion criteria:
A student who has completed at least two semesters of study. Be between 18 and 45 years old.
Exclusion criteria:
Not undergoing psychotherapy.

Age
From **18 years** old to **45 years** old

Gender
Both

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **30**

Randomization (investigator's opinion)
Randomized

Randomization description
First, the intervention group was coded as A and the control group as B. Then, using the website www.sealedenvelope.com/simple-randomiser/v1/lists, a randomization list was generated based on a sample size of 30 participants (15 in each group) using the balanced permuted block method with 15 blocks of two participants each. According to this list, participants were randomly assigned to either group A or B. For example, if the allocation order in the first block is AB, then the first participant will be assigned to group A and the second to group B.

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 Azad Sari University
Street address
Unit 6, no.391,East 202nd Street, phase 2,
City
Karaj-Mehrshahr
Province
Alborz
Postal code
3185849159

Approval date
2025-05-17, 1404/02/27

Ethics committee reference number
IR.IAU.SARI.REC.1404.057

Health conditions studied

1

Description of health condition studied
"The Effectiveness of Emotion-Focused Schema Therapy on Emotion Regulation, Subjective Well-Being, and Academic Procrastination in University Students."

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description
"Emotion regulation, sense of happiness, academic procrastination, and grade changes: Comparison of pre-treatment and post-treatment variables."

Timepoint
3-month period

Method of measurement
"Gross and John Emotion Regulation Questionnaire, Tuckman Procrastination Scale, and Dr. Lentz Happiness Questionnaire."

Secondary outcomes

empty

Intervention groups

1

Description
Experimental group: 15 students who will undergo Leahy's emotional schema therapy treatment in 10 45-minute sessions over a period of 3 months. After treatment, they will answer the Gross and John's emotion regulation questionnaires, Tuckman's procrastination, and Dr. Lentz's happiness questionnaire.

Category
Behavior

2

Description

Control group: 15 students who will not receive any treatment and will only answer Gross and John's emotion regulation questionnaire, Tuckman's procrastination, and Dr. Lentz's happiness questionnaire.

Category

Behavior

Recruitment centers

1

Recruitment center

Name of recruitment center
"Islamic Azad University, Behshahr Branch"

Full name of responsible person
Dr. Tahereh Mahmoudian Dastnaei

Street address
Behshahr, Kilometer 3, Behshahr–Neka Road

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Mazandaran

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4851739869

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+98 11 3453 8324

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info@iaubeh.ac.ir

Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Islamic Azad University

Full name of responsible person
Mohammad Sorkhabi Abdul Maliki

Street address
Behshahr, Kilometer 3, Behshahr–Neka Road

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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
Islamic Azad University

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
Islamic Azad University

Full name of responsible person
"Dr. Tahereh Mahmoudian Dashtnay"

Position
"University Professor"

Latest degree
Ph.D.

Other areas of specialty/work
Psychology

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Person responsible for scientific inquiries

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Ph.D.

Other areas of specialty/work
Psychology

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Person responsible for updating data

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Other areas of specialty/work
Psychology

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Mazandaran

Postal code
4851739869

Phone
+98 11 3453 8324

Email

Sharing plan

Deidentified Individual Participant Data Set (IPD)
No - There is not a plan to make this available

Justification/reason for indecision/not sharing IPD
"There is no further information 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
Not applicable

Data Dictionary
Not applicable