Clinical Trial Protocol
Iranian Registry of Clinical Trials

07 Nov 2026

The effectiveness of emotional schema therapy on positive emotion regulation, interpersonal conflict, and psychological flexibility in adolescent girls with depressive disorder

Protocol summary

Study aim
Determining the effectiveness of emotional schema therapy on positive emotion regulation, interpersonal conflict, and psychological flexibility in adolescent girls with depressive disorder

Design
The clinical trial will use a pretest-posttest design with experimental and control groups, and individuals will be randomly assigned to the experimental and control groups.

Settings and conduct
This study will use a field experimental research method and a pre-test-post-test design with experimental and control groups. All information is confidential.

Participants/Inclusion and exclusion criteria
1- Be willing to cooperate in the research. 2- Be diagnosed with depression. 3- Be between the ages of 12 and 18. 4- Have no physical problems that would interfere with the research process. 5- Not taking psychiatric medications. 6- Receive intervention or participate in other research projects at the same time.

Intervention groups
The experimental group undergoes emotional schema therapy. Emotional schema therapy is a combination of two therapeutic approaches: emotion-focused and metacognitive therapy, which has the advantage of being integrated and coherent. Emotional schema therapy is an integrative approach that, by reducing the intensity of emotional memories that create the schema and reducing the intensity of physical and bodily sensitivity, changes the cognitive patterns associated with the schema and replaces maladaptive coping styles with adaptive coping patterns and styles. Control group: Does not receive any treatment.

Main outcome variables
Positive emotion regulation; interpersonal conflict; psychological flexibility.

General information

Reason for update

Acronym

IRCT registration information
IRCT registration number: **IRCT20250709066434N1**
Registration date: **2025-07-17, 1404/04/26**
Registration timing: **prospective**

Last update: **2025-07-17, 1404/04/26**
Update count: **0**

Registration date
2025-07-17, 1404/04/26

Registrant information

Name
Seyedeh Zahra Mousavi
Name of organization / entity
Country
Iran (Islamic Republic of)
Phone
+98 61 3379 7555
Email address
zahramosavi6768@gmail.com

Recruitment status
Recruitment complete

Funding source

Expected recruitment start date
2025-07-27, 1404/05/05

Expected recruitment end date
2025-08-21, 1404/05/30

Actual recruitment start date
empty

Actual recruitment end date
empty

Trial completion date
empty

Scientific title
The effectiveness of emotional schema therapy on positive emotion regulation, interpersonal conflict, and psychological flexibility in adolescent girls with depressive disorder

Public title
The effectiveness of emotional schema therapy
Purpose
Education/Guidance
Inclusion/Exclusion criteria
Inclusion criteria:
The age range is 12 to 18 years. They have been diagnosed with depression. Willingness to collaborate in research.
Exclusion criteria:
They should not have any physical problems that would interfere with the research process. Not taking psychiatric medications Receiving intervention or participating in other research projects at the same time
Age
From **16 years** old to **18 years** old
Gender
Female

Phase
N/A
Groups that have been masked
No information
Sample size
Target sample size: **30**
Randomization (investigator's opinion)
Randomized
Randomization description
Simple randomization: In this method, each participant is randomly assigned to one of the groups. 1- A list of referrals is prepared and 30 eligible individuals are randomly selected. 2- Each individual is randomly assigned a number using a lottery. 3- Individuals are randomly placed into two groups (experimental and control).
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
Islamic Azad University, Ahvaz
Street address
No. 10, 5 Alley, Shahrdari St., South Amir Kabir Ave., Enghelab Sq.
City
Ahvaz
Province
Khouzestan
Postal code
6143863653
Approval date
2025-05-24, 1404/03/03
Ethics committee reference number
IR.IAU.AHVAZ.REC.1404.099

Health conditions studied

1

Description of health condition studied
Depression
ICD-10 code
F32.9
ICD-10 code description
Major depressive disorder, single episode, unspecified

Primary outcomes

1

Description
Positive emotion regulation means the ability to recognize, understand, manage, enhance, and improve positive feelings and emotions such as happiness, hope, satisfaction, and gratitude in a way that can be used to improve health and quality of life.
Timepoint
Before the study begins and lasts two months
Method of measurement
Weiss, Gratz, and Lavender Positive Emotion Regulation Scale (2015)

2

Description
Interpersonal conflicts are conflicts that arise in interpersonal interactions and relationships with others. In other words, they are a process in which people do not communicate their information, thoughts, and emotions well with each other through verbal and nonverbal messages and experience tension and conflict.
Timepoint
Before the study begins and lasts two months
Method of measurement
Hudson Peer Relationship Dysfunction Scale (1990)

3

Description
Psychological flexibility means the ability to choose an action or strategy that is more appropriate among available actions and strategies, rather than doing something just to avoid distressing thoughts, desires, feelings, and memories.
Timepoint

Before the study begins and lasts two months

Method of measurement

Bond et al.'s Psychological Flexibility Questionnaire (2011)

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: Emotional schema therapy is an integrative approach that, by reducing the intensity of emotional memories that create the schema and reducing the intensity of physical and bodily sensitivity, changes the cognitive patterns associated with the schema and replaces maladaptive coping styles with adaptive coping patterns and styles.

Category

Behavior

2

Description

Control group: They will not receive any education or treatment.

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center

Counseling Center

Full name of responsible person

Seyedeh Zahra Mousavi

Street address

No. 10, 5 Alley, Shahrdari St., South Amir Kabir Ave., Enghelab Sq.

City

Ahvaz

Province

Khouzestan

Postal code

6143863653

Phone

+98 61 3379 7555

Email

zahramosavi6768@gmail.com

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Islamic Azad University

Full name of responsible person

Dr. Parvin Ehteshamzadeh

Street address

Farhang Shahr, Islamic Azad University of Ahvaz

City

Ahvaz

Province

Khouzestan

Postal code

6134937333

Phone

+98 61 3334 8421

Email

p_ehtesham85@iau.ac.ir

Grant name

Grant code / Reference number

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

No

Title of funding source

Islamic Azad University

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

Islamic Azad University

Full name of responsible person

Seyedeh Zahra Mousavi

Position

Master's student

Latest degree

Bachelor

Other areas of specialty/work

Psychology

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City

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Person responsible for scientific inquiries

Contact

Name of organization / entity
Islamic Azad University

Full name of responsible person
Seyedeh Zahra Mousavi

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Person responsible for updating data

Contact

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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
The participants' data is confidential and I do not intend to publish it.

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
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

Title and more details about the data/document
Participant data is completely confidential and I do not intend to publish it.

When the data will become available and for how long
I don't have a timeframe for publishing the data.

To whom data/document is available
I do not intend to publish the data.

Under which criteria data/document could be used
I do not intend to publish the data.

From where data/document is obtainable
I do not intend to publish the data.

What processes are involved for a request to access data/document
I do not intend to publish the data.

Comments