

Clinical Trial Protocol

Iranian Registry of Clinical Trials

23 Oct 2026

Comprison of Effectiveness of Attempted Suicide Short Intervention Program (ASSIP) on Suicidal Ideation, Reasons for Living, Coping Styles, Help Seeking Intention and Prevention of Suicide Attempt between Women and Men Suicide Attempters

Protocol summary

Study aim

Comprison of Effectiveness of Attempted Suicide Short Intervention Program (ASSIP) on Suicidal Ideation, Reasons for Living, Coping Styles, Help Seeking Intention and Prevention of Suicide Attempt between Women and Men Suicide Attempters.

Design

a true experimental design with a pretest-posttest format and five follow-up stages at weeks 1, 2, 4, 8, and 12, including TAU group.

Settings and conduct

psychology and counselling centers at Ahvaz; Jundishapur of Medical Science Centers of Ahvaz

Participants/Inclusion and exclusion criteria

Inclusion criteria: at least 1 suicide attempt during the last four months Age 20-40 years second primary school & able to read and write) Signing the informed consent form No serious medical or psychiatric conditions requiring special treatment (schizophrenia spectrum and dependency) No diagnosis of personality disorders
Exclusion criteria: Non-cooperation in completing the questionnaires Not consenting to video/audio recording
Absence from one ASSIP sessions (except the 4 session)
Receiving concurrent psychotherapy

Intervention groups

Exprimental Groups: The experimental group refers to the group on which ASSIP as the independent variable, is applied. ASSIP is a brief intervention consisting of 3 to 4 sessions designed to prevent suicide attempts. Control groups (TAU): While the experimental groups receive ASSIP, the TAU groups do not receive ASSIP or any structured psychotherapy. However, they may receive usual care.

Main outcome variables

1. Suicidal ideation by BSSI
2. Reasons for living by RFL
3. Coping styles by CISS
4. Help-seeking intention by

GHSQ 5. Suicide attempt prevention by SSF-3; and in-person/telephone interviews

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20160716028953N2**

Registration date: **2025-08-30, 1404/06/08**

Registration timing: **retrospective**

Last update: **2025-08-30, 1404/06/08**

Update count: **0**

Registration date

2025-08-30, 1404/06/08

Registrant information

Name

Abdolazim Shahroie

Name of organization / entity

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Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2024-12-30, 1403/10/10

Expected recruitment end date

2025-02-19, 1403/12/01

Actual recruitment start date

2024-12-30, 1403/10/10
Actual recruitment end date
2025-02-19, 1403/12/01
Trial completion date
2025-02-19, 1403/12/01

Scientific title
Comprison of Effectiveness of Attempted Suicide Short Intervention Program (ASSIP) on Suicidal Ideation, Reasons for Living, Coping Styles, Help Seeking Intention and Prevention of Suicide Attempt between Women and Men Suicide Attempters

Public title
Studying the effect of a short-term suicide prevention program on suicidal thoughts, reasons for living, coping styles, and help-seeking intention in women and men with a history of suicide attempt

Purpose
Treatment

Inclusion/Exclusion criteria
Inclusion criteria:
Having a history of at least one suicide attempt during the last four months Age range between 20-40 years Being literate (at least completed second grade of primary school and able to read and write) Signing the informed consent form No serious medical or psychiatric conditions requiring special treatment (NO current substance or alcohol dependence, No current schizophrenia or psychotic disorders) No diagnosis of personality disorders
Exclusion criteria:
Having a psychotic disorder Having a serious personality disorder Active drug/alcohol use or dependence disorders Inability to understand and comprehend questionnaires (insufficient literacy or serious cognitive problems) Language problem (inability to speak or understand Persian) Undergoing other regular psychotherapy at the same time Acute medical or psychiatric condition that prevents attendance at sessions Failure to complete a consent form to participate in the study

Age
From **20 years** old to **40 years** old

Gender
Both

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **52**
More than 1 sample in each individual
Number of samples in each individual: **7**
Participants complete the questionnaires and semi-structured interviews during one pretest, one posttest, and five follow-up stages, resulting in a total of seven assessment points.
Actual sample size reached: **44**
More than 1 sample in each individual
Actual sample size in each individual: **7**
Each participant completed assessments at 7 time

points, including one pre-test, one post-test, and five follow-up stages using questionnaires and semi-structured interviews.

Randomization (investigator's opinion)
Randomized

Randomization description
After selecting 52 eligible participants, the allocation of individuals to 4 groups will be done by simple random method. The random sequence will be done by an independent person using a random number table (SPSS/Random Allocation software). Then, based on this sequence, the participants will be equally placed into 4 groups (female experimental, female control, male experimental, male control) groups. To conceal allocation, the sequencing results will be placed in opaque, sealed envelopes and opened in the order in which participants arrive.

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 Faculty of Medicine-Shahed University
Street address
Shahed University, opposite Holy shrine of Imam Khomeini, Khalij Fars Expressway, Tehran, Iran
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Tehran
Province
Khouzestan
Postal code
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Approval date
2025-07-14, 1404/04/23

Ethics committee reference number
IR.SHAHED.MED.REC.1404.026

Health conditions studied

1

Description of health condition studied
suicide attempt

ICD-10 code
T14.91

ICD-10 code description
Suicide attempt

Primary outcomes

1

Description

suicide ideation: Suicidal ideation or thoughts are defined as thinking about, considering, or planning to commit suicide (Klonsky et al., 2016).

Timepoint

1- Pre-test (before intervention/without intervention); 2- Post-test (after intervention and 1 month after pre-test); 3- First follow-up (1 week after post-test); 4- Second follow-up (2 weeks after post-test); 5- Third follow-up (4 weeks after post-test); 6- Fourth follow-up (8 weeks after post-test); 7- Fifth follow-up (12 weeks after post-test)

Method of measurement

Beck Scale for Suicide Ideation (BSSI) - Beck

2

Description

reasons for living: Reasons for living (RFL) are beliefs or expectations that are thought to reduce the risk of suicide and include survival and coping beliefs, responsibility to family, concerns about children, fear of suicide, fear of social disapproval, and moral objections (Linehan et al., 1983).

Timepoint

1- Pre-test (before intervention/without intervention); 2- Post-test (after intervention and 1 month after pre-test); 3- First follow-up (1 week after post-test); 4- Second follow-up (2 weeks after post-test); 5- Third follow-up (4 weeks after post-test); 6- Fourth follow-up (8 weeks after post-test); 7- Fifth follow-up (12 weeks after post-test)

Method of measurement

Reasons for Living Scale (RFL) - Linehan

3

Description

coping styles: A coping style or strategy is an action, set of actions, or thought process used to deal with a stressful or unpleasant situation or to modify a person's response to such a situation. Unlike defense mechanisms, coping strategies usually involve a conscious and direct approach to problems (Dictionary of the American Psychological Association 2023).

Timepoint

1- Pre-test (before intervention/without intervention); 2- Post-test (after intervention and 1 month after pre-test); 3- First follow-up (1 week after post-test); 4- Second follow-up (2 weeks after post-test); 5- Third follow-up (4 weeks after post-test); 6- Fourth follow-up (8 weeks after post-test); 7- Fifth follow-up (12 weeks after post-test)

Method of measurement

Coping Inventory for Stressful Situation (CISS) - Endler & Parker

4

Description

help seeking intention: Help-seeking intention is defined as an individual's subjective possibility of seeking help

(Wei, 2017).

Timepoint

1- Pre-test (before intervention/without intervention); 2- Post-test (after intervention and 1 month after pre-test); 3- First follow-up (1 week after post-test); 4- Second follow-up (2 weeks after post-test); 5- Third follow-up (4 weeks after post-test); 6- Fourth follow-up (8 weeks after post-test); 7- Fifth follow-up (12 weeks after post-test)

Method of measurement

General Help Seeking Questionnaire (GHSQ) - Wilson et al

5

Description

prevention of suicide attempt: Suicide prevention is a set of efforts to reduce the risk of suicide (Centers for Disease Control, 2019).

Timepoint

1- Pre-test (before intervention/without intervention); 2- Post-test (after intervention and 1 month after pre-test); 3- First follow-up (1 week after post-test); 4- Second follow-up (2 weeks after post-test); 5- Third follow-up (4 weeks after post-test); 6- Fourth follow-up (8 weeks after post-test); 7- Fifth follow-up (12 weeks after post-test)

Method of measurement

Inperson/Telephone Interview; Suicide Status Form (SSF-3) - Jobes

Secondary outcomes

empty

Intervention groups

1

Description

1. Women experimental Group (ASSIP): Female suicide attempters who receive the ASSIP intervention. ASSIP (Attempted Suicide Short Intervention Program) is an ultra-brief psychotherapy consisting of 3 to 4 weekly face-to-face sessions, each lasting 60 to 90 minutes, conducted over the course of approximately one month. The intervention follows a narrative-based therapeutic approach and is delivered by a trained clinician. Session 1 involves video or audio recording of the participant's personal narrative, focusing on the background, crisis experience, and suicidal behavior. In Session 2, the participant and therapist review the recorded material together, engaging in a collaborative reflection and dual processing of the narrative to gain insight. Session 3 focuses on the development of an individualized safety plan, identifying personal warning signs and adaptive coping strategies, with the guidance of the therapist. Session 4 includes a review of key insights, consolidation of safety strategies and coping mechanisms, and preparation for ongoing support through continued therapeutic contact.

Category

Behavior

2

Description

2. Men experimental Group (ASSIP): Male suicide attempters who receive the ASSIP intervention. ASSIP (Attempted Suicide Short Intervention Program) is an ultra-brief psychotherapy consisting of 3 to 4 weekly face-to-face sessions, each lasting 60 to 90 minutes, conducted over the course of approximately one month. The intervention follows a narrative-based therapeutic approach and is delivered by a trained clinician. Session 1 involves video or audio recording of the participant's personal narrative, focusing on the background, crisis experience, and suicidal behavior. In Session 2, the participant and therapist review the recorded material together, engaging in a collaborative reflection and dual processing of the narrative to gain insight. Session 3 focuses on the development of an individualized safety plan, identifying personal warning signs and adaptive coping strategies, with the guidance of the therapist. Session 4 includes a review of key insights, consolidation of safety strategies and coping mechanisms, and preparation for ongoing support through continued therapeutic contact.

Category

Behavior

3

Description

3- Women Control Group (TAU): Women in this group will receive the standard care typically provided for suicide attempters in the selected clinical setting. TAU may include psychiatric evaluation, pharmacotherapy, crisis intervention, or referral to outpatient mental health services, as deemed appropriate by clinical staff. No ASSIP sessions and other standard psychotherapies will be provided.

Category

Treatment - Drugs

4

Description

4- Men Control Group (TAU): Men in this group will receive the standard care typically provided for suicide attempters in the selected clinical setting. TAU may include psychiatric evaluation, pharmacotherapy, crisis intervention, or referral to outpatient mental health services, as deemed appropriate by clinical staff. No ASSIP sessions and other standard psychotherapies will be provided.

Category

Treatment - Drugs

Recruitment centers

1

Recruitment center

Name of recruitment center

Zehne Bartar Psychology & Counseling Center

Full name of responsible person

Mehran Shahroie

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Iran, Ahvaz, Naderi, Hafez St., Khatam Al-Anbia Medical Complex, 4th Floor

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Recruitment center

Name of recruitment center

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Full name of responsible person

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Recruitment center

Name of recruitment center

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Full name of responsible person

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

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Full name of responsible person

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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

Shahed 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**

Shahed University

Full name of responsible person

Abdolazim Shahroie

Position

Ph.D student

Latest degree

Master

Other areas of specialty/work

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Person responsible for updating data**Contact****Name of organization / entity**

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Latest degree

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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

Yes - There is a plan to make this available

Analytic Code

Yes - There is a plan to make this available

Data Dictionary

Yes - There is a plan to make this available

Title and more details about the data/document

Yes - De-identified individual participant data (IPD), including demographic data, primary and secondary outcome measures, and relevant statistical data, will be shared upon reasonable request. Data will be available after publication of the main results. Researchers interested in accessing the data must submit a methodologically sound research proposal and obtain approval from the principal investigator. Data will be shared via secure electronic platforms while ensuring confidentiality.

When the data will become available and for how long

Access to de-identified participant data (including demographic information, primary and secondary outcomes, and relevant statistical data) will begin 6 months after publication of the main results and will remain available for a period of 5 years.

To whom data/document is available

Access will be granted to qualified researchers from academic institutions, research centers, and industry who submit a methodologically sound research proposal. All requests must be approved by the principal

investigator.

Under which criteria data/document could be used

The data and related documents may only be used for scientific and research purposes; any commercial or unauthorized use is strictly prohibited. Use of the data must align with an approved research proposal and comply with ethical research standards. Permitted analyses include secondary statistical analyses and meta-analyses that contribute to scientific knowledge. Applicants must submit a formal request including a methodologically sound research proposal, an official request letter, and a confidentiality agreement. All requests will be reviewed and approved by the principal investigator before data access is granted.

From where data/document is obtainable

Requests for data or documents should be directed to the Principal Investigator. Email is the preferred method of contact. Contact information is as follows: Abdolazim Shahroie azim.shahroie@yahoo.com

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

Requests for data or documents follow a structured process as outlined below: 1. Submit a formal request via email to the Principal Investigator, including: A methodologically sound research proposal; An official request letter; A signed confidentiality agreement. 2. Review of the request by the research team for scientific, ethical, and technical suitability (within 2 to 4 weeks). 3. Notification of decision and, if approved, preparation of a Data Access Agreement. 4. Transfer of approved data/documents via secure and encrypted platforms after signing the agreement. In total, depending on the completeness of the submitted documents, the process typically takes 3 to 6 weeks.

Comments