

Clinical Trial Protocol

Iranian Registry of Clinical Trials

27 Jul 2026

Development and Evaluation of an Emotional Intelligence Training Protocol and Comparison with Intensive Short-Term Dynamic Psychotherapy on Experiential Avoidance, Psychological Flexibility, and Psychosomatic Symptoms in Elementary School Teachers

Protocol summary

Study aim

Main Objectives: 1. To develop and validate an emotional intelligence training protocol based on the Bar-On model. 2. To compare the effectiveness of emotional intelligence training and intensive short-term dynamic psychotherapy in experiential avoidance, psychological flexibility, and psychosomatic symptoms among elementary school teachers.

Design

The clinical trial has two control groups, is single-blind, and randomized. Phase one will be conducted on 120 participants, and phase two on 72 participants. Randomization will be performed using a random number table and Excel software.

Settings and conduct

Setting: One of the schools designated by the General Directorate of Education of Semnan Province. Blinding: Single-blind method

Participants/Inclusion and exclusion criteria

1. Being employed in elementary school 2. Absence of gastrointestinal diseases of physical origin confirmed by a specialist physician, history of cardiac disease, no history of substance abuse, and not being pregnant.

Intervention groups

1. Emotional Intelligence Training Intervention: Group-based training based on the Bar-On model; 10 weekly sessions, each 90 minutes, including instruction on the Bar-On emotional intelligence components, classroom exercises, and homework assignments; conducted by a trained psychologist. 2. Intensive Short-Term Dynamic Psychotherapy (ISTDP) Intervention: Individual therapy; 10 sessions, each 90 minutes, based on standard ISTDP protocols; conducted by an experienced therapist. 3. Control group: No active intervention during the study period and receiving neutral content. 4. Target Population: Elementary school teachers who meet the

inclusion and exclusion criteria.

Main outcome variables

Effectiveness of the interventions on experiential avoidance, psychological flexibility, and psychosomatic symptoms

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20250813066844N1**

Registration date: **2025-09-04, 1404/06/13**

Registration timing: **prospective**

Last update: **2025-09-04, 1404/06/13**

Update count: **0**

Registration date

2025-09-04, 1404/06/13

Registrant information

Name

Hussein Lotfi

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 23 3233 3417

Email address

lotfi6th@gmail.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2025-09-12, 1404/06/21

Expected recruitment end date

2025-09-20, 1404/06/29

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Development and Evaluation of an Emotional Intelligence Training Protocol and Comparison with Intensive Short-Term Dynamic Psychotherapy on Experiential Avoidance, Psychological Flexibility, and Psychosomatic Symptoms in Elementary School Teachers

Public title

Development and Evaluation of an Emotional Intelligence Training Protocol and Comparison with Intensive Short-Term Dynamic Psychotherapy on Experiential Avoidance, Psychological Flexibility, and Psychosomatic Symptoms in Elementary School Teachers

Purpose

Education/Guidance

Inclusion/Exclusion criteria**Inclusion criteria:**

Being employed in elementary school in one of the following positions: school principal, vice-principal, or teaching in one of the six grade levels of elementary education. Absence of gastrointestinal diseases of physical origin confirmed by a specialist physician, history of cardiac disease, no history of substance abuse, and not being pregnant.

Exclusion criteria:

Retirement, employment in administrative positions. Suffering from the conditions and illnesses in parentheses (gastrointestinal diseases, heart disease, substance abuse, pregnancy).

Age

From **25 years** old to **65 years** old

Gender

Both

Phase

N/A

Groups that have been masked

- Participant

Sample size

Target sample size: **120**

Randomization (investigator's opinion)

Randomized

Randomization description

Individuals are randomly assigned using a random number table to one of two study groups: the experimental group or the control group, and they receive the intervention corresponding to that group.

Blinding (investigator's opinion)

Single blinded

Blinding description

In this study, a (single-blind design) was used. This means that participants were unaware of their assignment to either the experimental or control group.

To implement this approach, participants were only informed that they were taking part in a training program aimed at improving psychological skills. However, the specific details regarding the type of intervention and the differences between the groups were not disclosed to them. Thus, participants were not aware of the precise nature of the intervention and did not know whether they were in the experimental or control group. This measure was taken to reduce potential biases resulting from participants' awareness of their group allocation and to enhance the study's internal validity.

Placebo

Not used

Assignment

Parallel

Other design features**Secondary Ids**

empty

Ethics committees**1****Ethics committee****Name of ethics committee**

Research Ethics Committee of Islamic Azad University, Shahrud Branch

Street address

Faculty of Medical Sciences, Islamic Azad University, Shahrud Branch, Khatam-al-Anbia Hospital, next to Amir Kabir High School, Univ. Blvd

City

Shahrud

Province

Semnan

Postal code

3619943189

Approval date

2025-08-11, 1404/05/20

Ethics committee reference number

IR.IAU.SHAHROOD.REC.1404.053

Health conditions studied**1****Description of health condition studied**

Experiential Avoidance, Psychological Flexibility, and Psychosomatic Symptoms

ICD-10 code**ICD-10 code description****Primary outcomes****1****Description**

Experiential avoidance score based on the Multidimensional Experiential Avoidance Questionnaire (MEAQ)

Timepoint

At the beginning of the study and one month after the end of the intervention

Method of measurement

Multidimensional Experiential Avoidance Questionnaire (MEAQ)

2

Description

Psychological Flexibility score

Timepoint

At the beginning of the study and one month after the end of the intervention

Method of measurement

Psychological flexibility questionnaire: AAQ-II
(Acceptance and Action Questionnaire-II)

3

Description

Psychosomatic Symptoms score

Timepoint

At the beginning of the study and one month after the end of the intervention

Method of measurement

LaCourt Psychosomatic Questionnaire (LPSQ)

4

Description

Emotional Intelligence score

Timepoint

At the beginning of the study and two months after the end of the intervention

Method of measurement

Bar-On Emotional Intelligence Questionnaire

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: After random assignment, participants receive 10 weekly sessions of 90-minute emotional intelligence training based on the Bar-On model.

Category

Behavior

2

Description

Intervention group: After random allocation, participants receive 10 individual sessions of 90-minute Intensive Short-Term Dynamic Psychotherapy (ISTDP).

Category

Behavior

3

Description

Control Group: During the study period, participants receive no intervention and remain on the waiting list.

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center

Shahrud County Education Department

Full name of responsible person

Hussein Lotfi

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No. 6, Khorghani Alley, Azadi St., Azadi Blvd., Azadi Square

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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

Shahrud County Education Department

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
Persons

Person responsible for general inquiries

Contact

Name of organization / entity
Islamic Azad University
Full name of responsible person
Hussein Lotfi
Position
PhD student in Psychology
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Person responsible for updating data

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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

Not applicable

Data Dictionary

Not applicable

Title and more details about the data/document

Given the nature of the study, after de-identifying the data, only the portion related to the primary outcome of the study will be shared.

When the data will become available and for how long

Access will begin 9 months after the publication of the results.

To whom data/document is available

Only researchers affiliated with academic institutions and researchers associated with the Ministry of Education.

Under which criteria data/document could be used

No scientific misconduct and no data manipulation.

From where data/document is obtainable

Hussein Lotfi: PhD student in Psychology, researcher, and developer of the Emotional Intelligence Training Protocol. Email: lotfi6th@gmail.com Dr. Seyed Mousa Tabatabaee: Primary supervisor. Email: s.mosatabatabaee@semnan.ac.ir Dr. Mojtaba Rajabpour: Co-supervisor.

Email:mj_rajabpour@yahoo.com Dr. Hakimeh Aghaei:
Advisory supervisor. Email: ha.aghae@gmail.com

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

Request submission via the researcher's email (Hussein Lotfi), consultation between the researcher and the

supervisors/advisor, decision-making by the researcher and supervisors, and sharing of data/documents if deemed appropriate by the supervisors. The duration of this process is between one to two weeks.

Comments