Clinical Trial Protocol
Iranian Registry of Clinical Trials

08 Nov 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
Gholam Reza Bakhshi
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No. 4, 2nd Side Street, 3rd Alley, Shahid Rajaei St.
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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

Latest degree

Master

Other areas of specialty/work

Psychology

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Full name of responsible person

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Other areas of specialty/work

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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 Tabatabaei: 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