

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

11 Sep 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

##### **Street address**

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

##### **City**

Shahrud

##### **Province**

Semnan

##### **Postal code**

3617694631

##### **Phone**

+98 23 3222 7052

##### **Email**

lotfi6th@gmail.com

## **Sponsors / Funding sources**

### **1**

#### **Sponsor**

##### **Name of organization / entity**

Shahrud County Education Department

##### **Full name of responsible person**

Gholam Reza Bakhshi

##### **Street address**

No. 4, 2nd Side Street, 3rd Alley, Shahid Rajaei St.

##### **City**

Shahrud

##### **Province**

Semnan

##### **Postal code**

3617694631

##### **Phone**

+98 23 3234 6280

##### **Email**

lotfi6th@gmail.com

#### **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  
**Street address**  
No. 337, Alley 24, Azadi Blvd., Azadi Square  
**City**  
Shahrud  
**Province**  
Semnan  
**Postal code**  
3617694631  
**Phone**  
+98 23 3233 3417  
**Email**  
lotfi6th@gmail.com

## Person responsible for scientific inquiries

### Contact

**Name of organization / entity**  
Islamic Azad University  
**Full name of responsible person**  
Seye Musa Tabatabaee  
**Position**  
Assistant Professor  
**Latest degree**  
Ph.D.  
**Other areas of specialty/work**  
Psychology  
**Street address**  
Faculty of Psychology and Educational Sciences,  
Darband St.  
**City**  
Mahdishahr  
**Province**  
Semnan  
**Postal code**  
3564111556  
**Phone**  
+98 23 3153 3010  
**Email**  
s.mosatabatabaee@semnan.ac.ir

## Person responsible for updating data

### 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  
**Street address**  
No. 337, Alley 24, Azadi Blvd., Azadi Square  
**City**  
Shahrud  
**Province**  
Semnan  
**Postal code**  
3617694631  
**Phone**  
+98 23 3233 3417  
**Email**  
lotfi6th@gmail.com

## 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**