Clinical Trial Protocol
Iranian Registry of Clinical Trials

09 Nov 2026

The Effectiveness of Integrative Therapy on Individual-Social Adjustment, Resilience, and Cognitive Emotion Regulation in Teachers with Psychosomatic Symptoms

Protocol summary

Study aim

To evaluate the effectiveness of integrative therapy on individual–social adjustment, resilience, and cognitive emotion regulation in teachers with psychosomatic symptoms.

Design

This quasi-experimental study includes a pre-test, an intervention phase for the experimental group, a post-test, and a three-month follow-up. A total of 36 participants will be randomly assigned to two groups: experimental and control. The study will be conducted in a double-blind manner, ensuring that both participants and those responsible for sample selection and outcome assessment are unaware of group allocations.

Settings and conduct

This study will use sampling of teachers referring to the Didar Center for Mental Disorders in Isfahan, with random assignment to experimental and control groups. It will include pre-test, intervention, post-test, and three-month follow-up assessments, conducted in a double-blind manner.

Participants/Inclusion and exclusion criteria

Inclusion criteria: Young or middle-aged teachers with psychosomatic symptoms who consent to participate and are not receiving other psychological treatments. Exclusion criteria: Non-adherence (missing more than three sessions), symptom worsening causing psychological harm, or development of a significant chronic physical illness during the study.

Intervention groups

Intervention Group: Participants received nine weekly 90-minute group sessions of integrative therapy based on Feldman's approach. Control Group: Participants received no intervention during the study period and were offered the intervention after completion of the study.

Main outcome variables

Dependent variables include social adjustment, resilience, and cognitive emotion regulation, measured using the California Social Adjustment Questionnaire, the Connor–Davidson Resilience Questionnaire, and the Garnefski and Kraaij Cognitive Emotion Regulation Questionnaire, respectively.

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20251121068066N4**
Registration date: **2025-12-25, 1404/10/04**
Registration timing: **prospective**

Last update: **2025-12-25, 1404/10/04**
Update count: **0**

Registration date

2025-12-25, 1404/10/04

Registrant information

Name

Atiyeh Hesari

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 915 718 4680

Email address

articlelab2025ir@gmail.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2025-12-26, 1404/10/05

Expected recruitment end date

2026-03-11, 1404/12/20

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The Effectiveness of Integrative Therapy on Individual-Social Adjustment, Resilience, and Cognitive Emotion Regulation in Teachers with Psychosomatic Symptoms

Public title

The Effectiveness of Integrative Therapy on Individual-Social Adjustment, Resilience, and Cognitive Emotion Regulation in Teachers with Psychosomatic Symptoms

Purpose

Education/Guidance

Inclusion/Exclusion criteria

Inclusion criteria:

Exhibiting psychosomatic symptoms based on the interview Being a young or middle-aged teacher. No history of acute psychological disorders (e.g., depression, anxiety) based on psychiatric history. Ability and willingness to provide informed consent and participate in the study. No receipt of psychological treatment for the control group. No psychological treatment other than the study for the experimental group.

Exclusion criteria:

Lack of cooperation with the researcher, including irregular attendance at sessions or failure to complete treatment protocol assignments. Irregular attendance (more than three missed sessions). Worsening of the condition due to the intervention leading to psychological harm, such as suicidal thoughts. Occurrence of specific events, such as the development of another chronic physical illness during the study period.

Age

No age limit

Gender

Both

Phase

3

Groups that have been masked

- Participant
- Outcome assessor

Sample size

Target sample size: **36**

Randomization (investigator's opinion)

Randomized

Randomization description

Participants were randomly assigned to one of two study groups: an experimental group (receiving the intervention) and a control group (receiving no intervention). A total of 36 participants were enrolled, with 18 participants allocated to each group.

Blinding (investigator's opinion)

Double blinded

Blinding description

This study is conducted using a double-blind design. Both the participants and the individual responsible for sample selection and outcome assessment are unaware of the group assignments. Participants do not have any information regarding whether they are allocated to the experimental or control group. Group allocation is concealed during the study period, and blinding is maintained throughout data collection and assessment to minimize bias.

Placebo

Not used

Assignment

Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Specialized Committee on Ethics in Biomedical Research

Street address

Daneshgah Blvd, Najafabad, Isfahan Province

City

Najafabad

Province

Isfehan

Postal code

8514143131

Approval date

2025-05-01, 1404/02/11

Ethics committee reference number

IR.IAU.NAJAFABAD.REC.1404.026

Health conditions studied

1

Description of health condition studied

Psychosomatic

ICD-10 code

F45.0

ICD-10 code description

Somatization disorder

Primary outcomes

1

Description

Social Adjustment: Measured using the California Social Adjustment Questionnaire.

Timepoint

Measurements will be taken at three stages: pre-test (before intervention), post-test (immediately after intervention), and three-month follow-up.

Method of measurement

The California Personal-Social Adjustment Questionnaire (CPI), measures life adjustment across two domains: personal and social adjustment. The questionnaire contains 180 yes/no items divided into 12 subscales. Items 1–90 assess personal adjustment, while items 91–180 assess social adjustment.

2

Description
Resilience: Measured using the Connor–Davidson Resilience Questionnaire.
Timepoint
Measurements will be taken at three stages: pre-test (before intervention), post-test (immediately after intervention), and three-month follow-up.
Method of measurement
Resilience is measured using the Connor–Davidson Resilience Questionnaire (CD-RISC), which consists of 25 items rated on a Likert scale from 0 (completely false) to 5 (always true). The questionnaire evaluates the participant's ability to cope with stress and adapt to challenging situations, providing a total score that reflects overall resilience.

3

Description
Cognitive Emotion Regulation: Cognitive emotion regulation refers to the cognitive strategies used to manage emotionally arousing information. It is measured using the Garnefski and Kraaij Cognitive Emotion Regulation Questionnaire (CERQ).
Timepoint
Measurements will be taken at three stages: pre-test (before intervention), post-test (immediately after intervention), and three-month follow-up.
Method of measurement
Cognitive Emotion Regulation: Measured using the Cognitive Emotion Regulation Questionnaire (CERQ) developed by Garnefski and Kraaij (2006). The questionnaire contains 18 items assessing adaptive and maladaptive strategies across 9 components: self-blame, rumination, catastrophizing, blaming others, positive refocusing, refocusing on planning, acceptance, positive reappraisal, and perspective-taking. Items are rated on a 5-point Likert scale from 1 (never) to 5 (always).

Secondary outcomes

empty

Intervention groups

1

Description
Intervention group: Participants received nine weekly group sessions of integrative therapy based on Feldman's approach, incorporating psychodynamic and cognitive components. Each session lasted 90 minutes.
Category
Treatment - Other

2

Description
Control group: Participants received no intervention during the study period and were offered the intervention after completion of the study.
Category
N/A

Recruitment centers

1

Recruitment center
Name of recruitment center
Didar Center for Counseling Mental Disorders and Problems
Full name of responsible person
Dr.Gholamreza Talebi
Street address
2nd Floor, Padna Building, No. 44, Amin Alley, Sheyri Bridge, opposite Seyed-al-Shohada Hospital, Isfahan
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Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Islamic Azad University
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

Islamic Azad University

Proportion provided by this source
50

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
Islamic Azad University

Full name of responsible person
Gholamreza Talebi

Position
Assistant Professor

Latest degree
Ph.D.

Other areas of specialty/work
Psychology

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Person responsible for updating data

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Web page address

Sharing plan

Deidentified Individual Participant Data Set (IPD)
Undecided - It is not yet known if there will be a plan to make this available

Study Protocol
Undecided - It is not yet known if there will be 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
Undecided - It is not yet known if there will be 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