Clinical Trial Protocol
Iranian Registry of Clinical Trials

06 Nov 2026

Designing and Evaluating of the Effectiveness of a Positive Cognitive Behavioral Therapy-Based Intervention Package on Pre- Event and Post Event Rumination, Shame, worry, and Social Competence in Student with Social Anxiety Disorder

Protocol summary

Study aim
Designing and Evaluating of the Effectiveness of a Positive Cognitive Behavioral Therapy-Based Intervention Package on Pre- Event and Post Event Rumination, Shame, worry, and Social Competence in Student with Social Anxiety Disorder

Design
A randomized, Clinical trial with one intervention group and one control group will be conducted on 40 patients with Social Anxiety Disorder.

Settings and conduct
After obtaining the ethics code and permission from University of Semnan and the selected sampling universities, the research poster will be distributed across the universities and their virtual groups. Volunteer students who contact the researcher will be selected through purposive sampling. Then, 40 students will be randomly assigned to the experimental and control groups. Therapeutic sessions will be conducted for the experimental group, and the questionnaires will be completed at three stages: pre-test, post-test, and three-month follow-up.

Participants/Inclusion and exclusion criteria
Inclusion criteria: 1. Undergraduate and graduate students at Babol Noshirvani University of Technology, University of Mazandaran, Payame Noor University, Babol Branch, and Mazandaran University of Science and Technology during the 2025–2026 academic year. 2. Obtaining a score above the cut-off point (24 and above) on the Social Phobia Scale (SPS). 3. Not receiving any other psychological treatments simultaneously. Exclusion criteria: 1. Presence of severe comorbid psychiatric disorders (such as bipolar disorder, schizophrenia, and substance use disorders). 2. Use of stable psychiatric medication during the past 2 months. 3. Irregular attendance in treatment sessions (absence of more than two sessions).

Intervention groups
Positive Cognitive-Behavioral Therapy

Main outcome variables
Reducing pre-event and post-event rumination, shame, and worry, and improving social competence

General information

Reason for update

Acronym

IRCT registration information
IRCT registration number: **IRCT20260411069047N1**
Registration date: **2026-04-24, 1405/02/04**
Registration timing: **prospective**

Last update: **2026-04-24, 1405/02/04**
Update count: **0**

Registration date
2026-04-24, 1405/02/04

Registrant information

Name
Masoumeh kazempour

Name of organization / entity
The University of Semnan

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Iran (Islamic Republic of)

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+98 11 3239 6901

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Recruitment status
Recruitment complete

Funding source

Expected recruitment start date
2026-05-05, 1405/02/15
Expected recruitment end date
2026-07-06, 1405/04/15
Actual recruitment start date
empty
Actual recruitment end date
empty
Trial completion date
empty

Scientific title
Designing and Evaluating of the Effectiveness of a Positive Cognitive Behavioral Therapy-Based Intervention Package on Pre- Event and Post Event Rumination, Shame, worry, and Social Competence in Student with Social Anxiety Disorder

Public title
The Effectiveness of a Positive Cognitive Behavioral Therapy-Based Intervention Package on Social Anxiety Disorder
Purpose
Education/Guidance
Inclusion/Exclusion criteria
Inclusion criteria:
Being an undergraduate or graduate student at Noshirvani University of Technology of Babol, Mazandaran University, Payame Noor University (Babol Branch), or the University of Science and Arts of Mazandaran during the academic year 1404–1405. Scoring above the cutoff point (24 or higher) on the Social Phobia Scale (SPS). Confirmation of Social Anxiety Disorder diagnosis based on a semi-structured clinical interview. Not receiving any other psychological treatments simultaneously. Providing informed consent to participate in the research.
Exclusion criteria:
Presence of severe comorbid psychiatric disorders (such as bipolar disorder, schizophrenia, or substance use disorders). Stable use of psychiatric medications during the past three months. Irregular attendance in treatment sessions (absence from more than two sessions). Withdrawal from continued cooperation at any stage of the research.
Age
No age limit
Gender
Both

Phase
N/A
Groups that have been masked
No information
Sample size
Target sample size: **40**
Randomization (investigator's opinion)
Randomized
Randomization description
It will be carried out using the simple randomization method. According to this method, the names of all selected participants as the research sample will be written on pieces of paper and placed in a box for drawing lots. Then, the papers will be drawn one by one, and the first 20 participants (numbers 1 to 20) will be assigned to the positive-oriented cognitive behavioral therapy experimental group, while the second 20 participants (numbers 21 to 40) will be assigned to the control group.
Blinding (investigator's opinion)
Not blinded
Blinding description
Placebo
Not used
Assignment
Other
Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee
Name of ethics committee
Ethics committee of Semnan University of Medical Sciences
Street address
Basij Blvd
City
Semnan
Province
Semnan
Postal code
3514799442
Approval date
2026-01-19, 1404/10/29
Ethics committee reference number
IR.SEMUMS.REC.1404.296

Health conditions studied

1

Description of health condition studied
Social Anxiety Disorder
ICD-10 code
F40.1
ICD-10 code description
Social phobias

Primary outcomes

1

Description
The score of social anxiety in the social anxiety questionnaire
Timepoint
At the beginning of the study, after treatment sessions and at the three-months follow-up after treatment
Method of measurement

The score that the research participants will obtain from the Social Interaction Anxiety Scale (SIAS) by Heimberg et al. (1992) and the Social phobia scale (SPS) by Mattick & Clarke (1989).

2

Description
The score of pre- Event and Post Event Rumination in the Socially Anxious Rumination Questionnaire (SARQ)
Timepoint
At the beginning of the study, after treatment sessions and at the three-months follow-up after treatment
Method of measurement
The score that the research participants will obtain from the Socially Anxious Rumination Questionnaire (SARQ) by Donohue et al. (2021).

3

Description
The score of shame in the shame questionnaire
Timepoint
At the beginning of the study, after treatment sessions and at the three-months follow-up after treatment
Method of measurement
The score that the research participants will obtain from Internal and external shame scale (EISS) by Ferreira et al. (2020).

4

Description
The score of worry in the worry questionnaire
Timepoint
At the beginning of the study, after treatment sessions and at the three-months follow-up after treatment
Method of measurement
The score that the research participants will obtain from Pennsylvania state worry questionnaire (PSWQ) by Meyer et al (1990).

5

Description
The score of Social Competence in the Social Competence questionnaire
Timepoint
At the beginning of the study, after treatment sessions and at the three-months follow-up after treatment.
Method of measurement
The score that the research participants will obtain from Social Competence questionnaire (SCQ) by Parandin (2006).

Secondary outcomes

empty

Intervention groups

1

Description
Intervention group: In this study, the intervention group will receive positive cognitive-behavioral therapy. The intervention content will be developed through a combination of reviewing reputable scientific sources (books and articles), interviews with specialist therapists, and interviews with individuals diagnosed with social anxiety disorder. This approach, while benefiting from scientific knowledge, will also pay attention to the real-life experiences of individuals. After the initial design, the content will be reviewed and finalized by specialists. The exact number of sessions and detailed components will be determined after this stage. The sessions will be conducted by a therapist specialized in the positive cognitive-behavioral approach
Category
Treatment - Other

2

Description
Control group: During this period, the control group will not receive any intervention and will only participate in the comparative assessment stages.
Category
Treatment - Other

Recruitment centers

1

Recruitment center
Name of recruitment center
Babol Noshirvani University of Technology
Full name of responsible person
Esmaeil Abbasi
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2

Recruitment center
Name of recruitment center
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3

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Name of recruitment center
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4

Recruitment center

Name of recruitment center
Payame Noor University- Babol Branch

Full name of responsible person
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Babol-Qaemshahr Road, Next to Rajeh Industrial Town

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Web page address

Sponsors / Funding sources

1

Sponsor

Name of organization / entity
The University of Semnan

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Phone
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Email
pr@semnan.ac.ir

Grant name

Grant code / Reference number

Is the source of funding the same sponsor organization/entity?
Yes

Title of funding source
The University of Semnan

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
The University of Semnan

Full name of responsible person
Masoumeh Kazempour

Position
Ph.D Student

Latest degree
Master

Other areas of specialty/work
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
Undecided - It is not yet known if there will be a plan to make this available

Informed Consent Form
No - There is not 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
Part of the data will be published in the student's articles and thesis, and the identity information of the participants will be preserved.

When the data will become available and for how long
Since 1406

To whom data/document is available
Academic and scientific researchers

Under which criteria data/document could be used
After completing the treatment and follow-up sessions and writing a doctrol thesis, research articles will be published in reputable scientific journals.

From where data/document is obtainable
Masoumeh Kazempour

What processes are involved for a request to access data/document
A message containing the request for research documents should be sent to the email of the author of the article.

Comments