Clinical Trial Protocol
Iranian Registry of Clinical Trials

07 Nov 2026

Study of effectiveness of emotion - focused therapy on motivational beliefs, quality of educational life and academic procrastination of ninth grade girl students with social anxiety

Protocol summary

Study aim
Study of effectiveness of emotion - focused therapy on motivational beliefs, quality of educational life and academic procrastination of ninth grade girl students with social anxiety

Design
A controlled clinical trial with parallel groups, without blinding, randomized, on 40 patients. The rand function of Excel software will be used for randomization.

Settings and conduct
The statistical population of the present study will consist of all ninth-grade female students in Ahvaz city with social anxiety who are studying in the academic year 2025-2026. In the sample selection stage, the available sampling method will be used. After selecting the samples to a volume of 40 people based on the research entry and exit criteria, the participants will be randomly assigned to two groups: "emotion-focused therapy" (intervention group) and "waiting list" (control group).

Participants/Inclusion and exclusion criteria
Inclusion criteria: Girls aged 14-15 years, Ninth grade girls, Achieving a score of one standard deviation above the mean in social anxiety Exclusion criteria: Unwillingness to participate in the study, Participation in other educational sessions at least one month before the study

Intervention groups
Intervention group: All individuals who will receive the emotion-focused therapy intervention. Control group: All individuals who will not receive any intervention.

Main outcome variables
Motivational Beliefs, Quality of Academic life, Academic Procrastination, Social Anxiety

General information

Reason for update

Acronym

IRCT registration information
IRCT registration number: **IRCT20260513069395N1**
Registration date: **2026-05-30, 1405/03/09**
Registration timing: **prospective**

Last update: **2026-05-30, 1405/03/09**
Update count: **0**

Registration date
2026-05-30, 1405/03/09

Registrant information

Name
Maryam Kaki

Name of organization / entity

Country
Iran (Islamic Republic of)

Phone
+98 66 3333 3333

Email address
maryamkaki1400mk@gmail.com

Recruitment status
Recruitment complete

Funding source

Expected recruitment start date
2026-06-10, 1405/03/20

Expected recruitment end date
2026-06-26, 1405/04/05

Actual recruitment start date
empty

Actual recruitment end date
empty

Trial completion date
empty

Scientific title
Study of effectiveness of emotion - focused therapy on

motivational beliefs, quality of educational life and academic procrastination of ninth grade girl students with social anxiety

Public title
The effect of emotion-focused therapy on students' mental health and academic motivation
Purpose
Treatment
Inclusion/Exclusion criteria
Inclusion criteria:
Girls aged 14-15 Ninth grade in school Scoring one standard deviation above the mean in social anxiety
Exclusion criteria:
Unwillingness to participate in the research, Participation in other training sessions at least one month before the research
Age
From **14 years** old to **15 years** old
Gender
Female

Phase
N/A
Groups that have been masked
No information
Sample size
Target sample size: **40**
Randomization (investigator's opinion)
Randomized
Randomization description
The statistical population of the present study will consist of all ninth-grade female students diagnosed with social anxiety, who are currently enrolled in the academic year 2025-2026. In the sampling phase, a convenience sampling method will be employed. After selecting a sample of 40 participants based on the inclusion and exclusion criteria, they will be randomly assigned to two groups: the 'Emotion-Focused Therapy' group (intervention group) and the 'Waitlist' group (control group). Randomization will be performed using variable-sized block randomization (blocks of 4 and 6) by an independent statistician uninvolved in the trial process. The randomization sequence will be generated using the RAND function in Microsoft Excel and then placed in opaque, sealed, and numbered envelopes to ensure the researcher and participants are unaware of the allocation sequence (allocation concealment). The envelopes will be opened to reveal the group allocation only at the time each participant enters the study. To ensure the equivalence of baseline variables, their distribution in the two groups will be examined during the statistical analysis phase.
Blinding (investigator's opinion)
Not blinded
Blinding description
Placebo
Not used
Assignment
Parallel
Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee
Name of ethics committee
Ethics Committee of Islamic Azad University of Ahvaz Branch
Street address
Opposite Keshavarz Street, Farhang Shahr, Golestan Highway
City
Ahvaz
Province
Khouzestan
Postal code
6134937333
Approval date
2026-04-18, 1405/01/29
Ethics committee reference number
IR.IAU.AHVAZ.REC.1405.052

Health conditions studied

1

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

Primary outcomes

1

Description
Motivational Beliefs
Timepoint
1. Pre-test (before the start of the intervention) 2. Post-test (immediately after the end of the intervention period) 3. One-month follow-up after the intervention
Method of measurement
The variable will be measured using the Pentrich and DeGroot (1990) Motivational Beliefs Questionnaire.

2

Description
Quality of Academic Life
Timepoint
1. Pre-test (before the start of the intervention) 2. Post-test (immediately after the end of the intervention period) 3. One-month follow-up after the intervention
Method of measurement
The variable will be measured using the Inley and Burke (1992) Quality of Academic Life Questionnaire.

3

Description
Academic Neglect
Timepoint
1. Pre-test (before the start of the intervention) 2. Post-test (immediately after the end of the intervention period) 3. One-month follow-up after the intervention
Method of measurement
The variable will be measured using the Savari Academic Procrastination Questionnaire (2011).

4

Description
Social Anxiety
Timepoint
1. Pre-test (before the start of the intervention) 2. Post-test (immediately after the end of the intervention period) 3. One-month follow-up after the intervention
Method of measurement
The variable will be measured using the Social Anxiety Inventory (Kanver et al., 2000).

Secondary outcomes

empty

Intervention groups

1

Description
Intervention group: Emotion-Focused Therapy Intervention. Session Duration: 90 minutes.Total Number of Sessions: 8 sessions Session Frequency: Twice a week. Core Therapeutic Tools: Guided talk therapy, mindfulness exercises, guided imagery, emotion regulation techniques.Summary of Session Content: Session 1: Introduction to EFT, the role of emotions, establishing emotional safety, pre-test. Session 2: Identifying and expressing primary and secondary emotions; understanding their functions. Session 3: Accessing and experiencing difficult emotions through imagery; using calming breath techniques. Session 4: Practicing mindfulness for emotional acceptance; expressing emotional empathy. Session 5: Reprocessing past emotional experiences; writing a compassionate letter/emotional expression. Session 6: Examining barriers to healthy emotional experience (fear, self-criticism); psychopathology of maladaptive emotional patterns. Session 7: Teaching emotion regulation strategies; relaxation and coping techniques. Session 8: Conclusion, review of changes, final suggestions, post-test, and scheduling follow-up.
Category
Treatment - Other

2

Description
Control group: The control group will not receive any intervention during the research, but will receive the treatment intervention after data collection to prevent factors that threaten the internal validity of the research, such as compensatory competition from the control group or demoralization.
Category
N/A

Recruitment centers

1

Recruitment center
Name of recruitment center
Ahvaz Education Department Consulting Center
Full name of responsible person
Maryam Kaki
Street address
Beside Shahada High School, Fatemi Boulevard, Clock Square
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Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Islamic Azad University
Full name of responsible person
Aslan Egdarnezhad
Street address
Opposite Keshavarz Street, Farhang Shahr, Golestan Highway
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a_eigder@ymail.com
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
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

Academic

Person responsible for general inquiries

Contact

Name of organization / entity

Islamic Azad University

Full name of responsible person

Maryam Kaki

Position

Master's student

Latest degree

Bachelor

Other areas of specialty/work

Psychology

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Position

Master's student

Latest degree

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Other areas of specialty/work

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Person responsible for updating data

Contact

Name of organization / entity

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Full name of responsible person

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Position

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Latest degree

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Other areas of specialty/work

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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

Not applicable

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

Not applicable

Data Dictionary

Not applicable