

Clinical Trial Protocol

Iranian Registry of Clinical Trials

23 Oct 2026

The effectiveness of cognitive-behavioral therapy (CBT) on psychological resilience, rumination, and reduction of suicidal thoughts in adolescents attempting suicide referred to Welfare Social Emergency in Ahvaz County

Protocol summary

Study aim

The main objective of the present study is to examine the effectiveness of cognitive-behavioral therapy (CBT) on psychological resilience, rumination, and suicidal thoughts in adolescent suicide attempters who are referred to the Social Emergency Department of the Behzisti Organization in Ahvaz County.

Design

A randomized controlled clinical trial with groups assigned using a random number table.

Settings and conduct

This study is conducted in Ahvaz County among 13- to 18-year-old adolescents who have attempted suicide and referred to the Social Emergency Department of the Behzisti Organization in 1405. Thirty eligible volunteers are selected through voluntary sampling and randomly assigned to two groups of 15 participants (experimental and control). Given the nature of the intervention, blinding is not applied; the experimental group receives cognitive-behavioral therapy (CBT), while the control group remains on a waiting list. Data are collected via questionnaires at the pre-test and post-test stages.

Participants/Inclusion and exclusion criteria

The statistical population of this study includes all 13- to 18-year-old adolescents who have attempted suicide and have been referred to the Social Emergency Department of the Behzisti Organization in Ahvaz County in the year 1405, and who have been diagnosed by the counselors and psychologists of this center as having a history of suicide attempt. The sample size consists of 30 of these adolescents, who, considering the inclusion and exclusion criteria, are selected using voluntary sampling and are randomly assigned to two groups of 15 participants each: an experimental group and a control group.

Intervention groups

The experimental group receives the Cognitive

Behavioral Therapy (CBT) intervention, while the control group does not receive any intervention.

Main outcome variables

The level of suicidal thoughts in adolescent suicide attempters.

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20200722048168N7**

Registration date: **2026-07-09, 1405/04/18**

Registration timing: **registered_while_recruiting**

Last update: **2026-07-09, 1405/04/18**

Update count: **0**

Registration date

2026-07-09, 1405/04/18

Registrant information

Name

Amir Amiri

Name of organization / entity

Country

Iran (Islamic Republic of)

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+98 61 3334 2454

Email address

khazan1381@gmail.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2026-07-01, 1405/04/10

Expected recruitment end date

2026-07-21, 1405/04/30

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effectiveness of cognitive-behavioral therapy (CBT) on psychological resilience, rumination, and reduction of suicidal thoughts in adolescents attempting suicide referred to Welfare Social Emergency in Ahvaz County

Public title

The effectiveness of cognitive-behavioral therapy (CBT) on psychological resilience, rumination, and reduction of suicidal thoughts

Purpose

Education/Guidance

Inclusion/Exclusion criteria**Inclusion criteria:**

Having at least one suicide attempt in the past 6 months, documented or confirmed in the Social Emergency (Behzisti) file of Ahvaz County. Having a minimum age of 13 years and a maximum age of 18 years.

Exclusion criteria:

Written declaration of informed refusal by the adolescent or their parents/legal guardian at any stage of the study. Severe escalation of suicide risk or the occurrence of acute self-harming behaviors during the fieldwork phase of the study, in such a way that hospitalization or immediate emergency intervention is required.

AgeFrom **13 years** old to **18 years** old**Gender**

Both

Phase

N/A

Groups that have been masked*No information***Sample size**Target sample size: **30****Randomization (investigator's opinion)**

Randomized

Randomization description

In this study, all eligible participants will be listed and given a unique numerical code. A random sequence of these codes will be generated using a random number table. According to this sequence, participants will be randomly allocated to either the intervention group or the control group, with equal probability of assignment. The random sequence generation and group allocation will be performed by a researcher who is not involved in outcome assessment, to ensure true random allocation and to minimize allocation bias

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

Islamic Azad University, Ahvaz Branch, Farhang Shahr, Golestan Expressway, Ahvaz, Iran

City

Ahvaz

Province

Khouzestan

Postal code

۶۱۳۴۹-۳۷۳۳۳

Approval date

2026-04-29, 1405/02/09

Ethics committee reference number

IR.IAU.AHVAZ.REC.1405.091

Health conditions studied**1****Description of health condition studied**

suicidal thoughts

ICD-10 code

Z91.5

ICD-10 code description

Personal history of self-harmParasuicideSelf-poisoningSuicide attempt

Primary outcomes**1****Description**

The suicidal ideation score based on the Beck Scale for Suicidal Ideation (BSSI)

Timepoint

Before and after the application of Cognitive Behavioral Therapy (CBT) intervention

Method of measurement

The 19-item Beck Scale for Suicidal Ideation (BSSI)

Secondary outcomes**1****Description**

Psychological resilience score

Timepoint

Before and after the application of Cognitive Behavioral

Therapy (CBT) intervention
Method of measurement
The psychological resilience score based on the 25-item Connor-Davidson Resilience Scale (CD-RISC; 2003).

2

Description

Rumination score

Timepoint

Before and after the application of Cognitive Behavioral Therapy (CBT) intervention

Method of measurement

The rumination score based on the 22-item Rumination Questionnaire by Nolen-Hoeksema and Morrow (1991).

Intervention groups

1

Description

Intervention group: Participants will receive group psychotherapy based on cognitive-behavioral therapy (CBT) according to Beck's approach (1976) in 10 weekly sessions of 60 minutes each.

Category

Rehabilitation

2

Description

Control group: no intervention

Category

Rehabilitation

Recruitment centers

1

Recruitment center

Name of recruitment center

دانشگاه آزاد اسلامی واحد اهواز

Full name of responsible person

elham johari

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Islamic Azad University

Full name of responsible person

Aslan Igadarneshad

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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

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

Islamic Azad University

Full name of responsible person

elham johari

Position

Master's student

Latest degree

Bachelor

Other areas of specialty/work

Psychology

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Sharing plan

Deidentified Individual Participant Data Set (IPD)

No - There is not a plan to make this available

Justification/reason for indecision/not sharing IPD

Compliance with ethical research standards and ensuring participant data confidentiality.

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

Yes - There is a plan to make this available

Data Dictionary

No - There is not a plan to make this available

Title and more details about the data/document

As a Master's thesis

When the data will become available and for how long

From 2026/09/23 onwards

To whom data/document is available

Other contributors

Under which criteria data/document could be used

To advance scientific knowledge and address existing research gaps

From where data/document is obtainable

Thesis Office, Islamic Azad University, Ahvaz Branch

What processes are involved for a request to access data/document

Referring to the Vice Presidency for Research of Islamic Azad University, Ahvaz Branch to obtain the relevant permit, followed by referring to the Thesis Office

Comments

Overall, this study is a thesis conducted to obtain a Master's degree, and its results will be published and made available in the form of a thesis.