

# 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)

##### Phone

+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.

**Age**From **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

##### **Street address**

Golestan Highway, Farhangshahr, Islamic Azad University, Ahvaz Branch

##### **City**

Ahvaz

##### **Province**

Khouzestan

##### **Postal code**

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##### **Phone**

+98 61 3334 8386

##### **Fax**

+98 61 3332 9200

##### **Email**

info@iauahvaz.ac.ir

##### **Web page address**

<https://ahvaz.iau.ir/fa>

## **Sponsors / Funding sources**

### 1

#### **Sponsor**

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

Islamic Azad University

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

Aslan Igadarneshad

##### **Street address**

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##### **Phone**

+98 61 3334 8386

##### **Email**

info@iauahvaz.ac.ir

#### **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

##### **Street address**

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## Person responsible for scientific inquiries

### Contact

**Name of organization / entity**

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**Full name of responsible person**

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## Person responsible for updating data

### Contact

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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.