

Clinical Trial Protocol

Iranian Registry of Clinical Trials

23 Oct 2026

Effectiveness of the Coping Long-Term with Active Suicide Program (CLASP) in Reducing Suicide Motivational Factors in Suicide Attempters

Protocol summary

Study aim

Comparison of the effectiveness of the Coping Long-Term with Active Suicide Program alone and in combination with pharmacotherapy, compared with pharmacotherapy and control, in reducing suicide motivation and suicidality after a suicide attempt

Design

Controlled clinical trial with four parallel groups was conducted among 77 individuals with a history of suicide attempt.

Settings and conduct

Eligible suicide attempters presenting to Imam Hossein Educational and Medical Center were enrolled. Participants were matched by age, gender, and previous suicide attempt history, then allocated using a random number table to four groups. Assessments were conducted at baseline, post-intervention, and three- and six-month follow-ups. Blinding was not feasible due to the nature of the interventions.

Participants/Inclusion and exclusion criteria

Inclusion criteria: Age 18–60 years, at least one suicide attempt within the past six months, and providing informed consent to participate in the study; Exclusion criteria: Diagnosis of an active psychotic disorder, severe cognitive impairment

Intervention groups

Intervention group 1: The Coping Long-Term with Active Suicide Program (CLASP); Received three individual sessions, one family session, and 11 follow-up telephone contacts over six months. Intervention group 2: CLASP plus pharmacotherapy; Received CLASP with psychiatrist-supervised pharmacotherapy for six months. Intervention group 3: Pharmacotherapy; Received psychiatrist-supervised pharmacotherapy for six months. Control group: Received no active intervention during the study period.

Main outcome variables

Suicidal ideation, Suicidal motivation

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20221024056281N3**

Registration date: **2026-10-14, 1405/07/22**

Registration timing: **retrospective**

Last update: **2026-10-14, 1405/07/22**

Update count: **0**

Registration date

2026-10-14, 1405/07/22

Registrant information

Name

Hedieh Babakhanzadeh

Name of organization / entity

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Iran (Islamic Republic of)

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Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2025-11-20, 1404/08/29

Expected recruitment end date

2026-01-15, 1404/10/25

Actual recruitment start date

2025-11-20, 1404/08/29

Actual recruitment end date

2026-01-15, 1404/10/25

Trial completion date

2026-06-17, 1405/03/27

Scientific title

Effectiveness of the Coping Long-Term with Active Suicide Program (CLASP) in Reducing Suicide Motivational Factors in Suicide Attempters

Public title
Effectiveness of the Coping Long-Term with Active Suicide Program in Suicide Attempters

Purpose
Prevention

Inclusion/Exclusion criteria
Inclusion criteria:
Age 18–60 years Having at least one suicide attempt within the past six months Providing informed consent to participate in the study no questionnaire score or cutoff was defined as an eligibility criterion. The Beck Scale for Suicide Ideation and the Inventory of Motivations for Suicide Attempts were used to measure the study variables.
Exclusion criteria:
Diagnosis of active psychotic disorder Severe cognitive impairment

Age
From **18 years** old to **60 years** old

Gender
Both

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **77**
Actual sample size reached: **77**

Randomization (investigator's opinion)
Not randomized

Randomization description

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, Faculty of Psychology and Education, University of Tehran

Street address

Kardan St., Jalal Al-e Ahmad Highway, Tehran

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1445983861

Approval date
2025-11-17, 1404/08/26

Ethics committee reference number
IR.UT.PSYEDU.REC.1404.095

Health conditions studied

1

Description of health condition studied

Individuals with a history of suicide attempts

ICD-10 code

T14.91

ICD-10 code description

Suicide attempt

Primary outcomes

1

Description

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

Timepoint

Suicidality was measured at baseline (before the intervention), and at three- and six-month follow-ups after the intervention.

Method of measurement

Beck Scale for Suicide Ideation (BSSI)

2

Description

Suicidal motivation score based on the Inventory of Motivations for Suicide Attempts(IMSA)

Timepoint

Suicide motivation was measured at baseline (before the intervention), and at three- and six-month follow-ups after the intervention

Method of measurement

Inventory of Motivations for Suicide Attempts (IMSA)

Secondary outcomes

empty

Intervention groups

1

Description

First intervention group: Coping Long-Term with Active Suicide Program: Participants in this group received the Coping Long-Term with Active Suicide Program (CLASP) over a six-month period. This intervention is a follow-up and adjunctive psychological program to usual treatments, designed to reduce the risk of recurrent suicidal behavior and to target psychological and behavioral factors associated with the continuation of risk. The program consisted of three individual face-to-

face sessions, one family session, and 11 post-discharge follow-up telephone contacts. During the three individual face-to-face sessions, the intervention content included assessment of factors associated with the suicide attempt and level of risk, review of experiences and factors contributing to the crisis, development and review of a safety plan, identification of risk-enhancing and protective factors, training in coping skills, enhancement of problem-solving skills, reduction of hopelessness, strengthening motivation for continued living, identification of individual values and goals, and enhancement of adherence to treatment and follow-up with mental health services. The family session was conducted with the participant and one key family member or support person and focused on increasing social support, improving family communication, identifying warning signs, training on how to support the individual during crisis situations, and involving the family in the prevention of suicidal behavior. After the face-to-face sessions, 11 follow-up telephone contacts were conducted over six months. Each contact lasted approximately 15 to 30 minutes and included monitoring psychological status, reassessment of suicide risk, review of problems and stressors, review of coping skills and the safety plan, review of receipt of treatment services, strengthening supportive contact, and providing support during crisis situations.

Category

Prevention

2

Description

Second intervention group: Coping Long-Term with Active Suicide Program (CLASP) plus pharmacotherapy: Participants in this group, in addition to receiving the Coping Long-Term with Active Suicide Program (CLASP), also received usual pharmacological treatment under the supervision of the treating psychiatrist. The Coping Long-Term with Active Suicide Program was implemented over a six-month period and consisted of three individual face-to-face sessions, one family session, and 11 follow-up telephone contacts. The individual sessions focused on assessment of factors associated with suicidal behavior and level of risk, development and review of a safety plan, identification of triggers and warning signs, training and strengthening of coping skills, enhancement of problem-solving skills, reduction of hopelessness, strengthening motivation for continued living, and increasing adherence to treatment. The family session was conducted with the aim of increasing the participation of a significant person in the participant's life or a family member in the treatment process, enhancing social support, providing training in the identification of warning signs, improving family communication, and establishing an effective support network for the prevention of suicidal behavior. The follow-up telephone contacts were conducted over six months after discharge, with each contact lasting approximately 15 to 30 minutes. These contacts were intended to monitor psychological status, reassess suicide risk, review the safety plan, assess barriers to treatment, strengthen coping strategies, and provide

support during crisis situations. Pharmacotherapy was provided based on the psychiatrist's clinical assessment, the diagnosis of comorbid disorders, the individual's clinical condition, and the treatment protocol of the center. The type of medication, dosage, and changes in pharmacological treatment were determined according to the treating psychiatrist's judgment and the condition of each patient, and participants in this group received standard pharmacological care alongside the psychological intervention.

Category

Prevention

3

Description

Third intervention group: Pharmacotherapy alone: Participants in this group received usual pharmacotherapy under the supervision of a psychiatrist, based on the clinical diagnosis, the patient's condition, and the treatment program of the center. Pharmacotherapy continued throughout the six-month study period, and the type and dose of medication were adjusted according to each patient's clinical condition by the treating psychiatrist.

Category

Prevention

4

Description

Control group: control: Participants in this group did not receive any active intervention during the study period. They were provided with access to treatment services after completion of the follow-up period.

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center

Imam Hossein Educational and Therapeutic Center

Full name of responsible person

Hedieh Babakhanzadeh

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Sponsors / Funding sources

1

Sponsor

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Full name of responsible person

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Web page address**Grant name****Grant code / Reference number****Is the source of funding the same sponsor organization/entity?**

Yes

Title of funding source

University of Tehran

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**

University of Tehran

Full name of responsible person

Hedieh Babakhanzadeh

Position

Clinical Psychologist

Latest degree

Master

Other areas of specialty/work

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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

Due to the sensitive nature of individual participant data, particularly information related to suicide attempts and psychological variables, identifiable individual-level data will not be publicly shared. Data sharing may compromise participants' confidentiality and privacy. Upon a valid scientific request and ethical review, limited

access to anonymized data may be considered.

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

No - There is not 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