Clinical Trial Protocol
Iranian Registry of Clinical Trials

22 Nov 2026

The Effectiveness of Self-Compassion Training on Reducing Shame and Improving Emotion Regulation in Elementary School Children

Protocol summary

Study aim
To investigate the effectiveness of self-compassion training on improving emotional regulation and psychological well-being among elementary school students.

Design
Randomized controlled trial with parallel groups, pre-test, post-test, and follow-up design.

Settings and conduct
The study will be conducted in public elementary schools located in Bushehr, Iran. Participants will be recruited from these educational settings.

Participants/Inclusion and exclusion criteria
Inclusion criteria: Elementary school students enrolled in public schools; informed consent from parents. Exclusion criteria: Presence of severe neurodevelopmental or psychiatric disorders requiring immediate clinical intervention.

Intervention groups
Intervention group: Receives structured self-compassion training sessions. Control group: Standard waitlist control group receiving no intervention during the active study period.

Main outcome variables
Emotional regulation; Psychological well-being; Self-compassion levels.

General information

Reason for update

Acronym
SCT-SEC

IRCT registration information
IRCT registration number: **IRCT20260817070687N1**
Registration date: **2026-09-07, 1405/06/16**
Registration timing: **prospective**

Last update: **2026-09-07, 1405/06/16**
Update count: **0**

Registration date
2026-09-07, 1405/06/16

Registrant information

Name
Sanaz Rezazadeh

Name of organization / entity

Country
Iran (Islamic Republic of)

Phone
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Recruitment status
Recruitment complete

Funding source

Expected recruitment start date
2026-09-23, 1405/07/01

Expected recruitment end date
2026-11-21, 1405/08/30

Actual recruitment start date
empty

Actual recruitment end date
empty

Trial completion date
empty

Scientific title
The Effectiveness of Self-Compassion Training on Reducing Shame and Improving Emotion Regulation in Elementary School Children

Public title
Effect of Self-Compassion Training on Shame and Emotion Regulation in Elementary School Children

Purpose
Prevention

Inclusion/Exclusion criteria

Inclusion criteria:

Being a female elementary school student Having informed parental consent

Exclusion criteria:

Having acute physical illness Receiving concurrent psychological therapy Being absent from more than one intervention session

Age

From **7 years** old to **12 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

Participants meeting the inclusion and exclusion criteria were allocated to the intervention group (n=20) or control group (n=20) in a 1:1 ratio using simple randomization (lottery method). The randomization unit was individual. The allocation sequence was generated by an independent person not involved in the assessment, and allocation concealment was ensured using sequentially numbered, opaque, sealed envelopes.

Blinding (investigator's opinion)

Not blinded

Blinding description

Placebo

Not used

Assignment

Parallel

Other design features

Parallel randomized controlled trial with pre-test, post-test, and follow-up design

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethics Committee of Islamic Azad University, Marvdasht Branch

Street address

Islamic Azad University of Marvdasht, Km 3, Takht-e-Jamshid Blvd, Marvdasht, Iran

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Province

Fars

Postal code

1311973711

Approval date

2026-08-13, 1405/05/22

Ethics committee reference number

IR.IAU.M.REC.1405.397

Health conditions studied

1

Description of health condition studied

Self-compassion and psychological well-being in students

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description

Emotion regulation and shame

Timepoint

Before intervention (pre-test) and after intervention (post-test)

Method of measurement

Measured using standardized psychological questionnaires for emotion regulation and shame

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: Participants receive an 8-session group-based self-compassion training program (based on Gilbert's model, 2014; 60 minutes per session, once a week for 2 months). The protocol includes: Session 1: Familiarity, creating psychological safety, and introducing self-compassion concepts; Session 2: Empathy training and developing a supportive inner dialogue; Session 3: Extending empathy from self to others; Session 4: Forgiveness training and reducing self-criticism; Session 5: Mindfulness and emotional acceptance; Session 6: Cultivating positive and transcendent emotions; Session 7: Emotional responsibility and regulation; Session 8: Review, skill consolidation, and post-test.

Category

Behavior

2

Description

Control group: Participants in the control group are placed on a waitlist and receive no psychological or educational intervention during the 2-month study period, following their regular school routines. To comply with ethical guidelines, an identical condensed self-compassion workshop will be held for this group after the post-test completion.

Category

Behavior

Recruitment centers

1

Recruitment center

Name of recruitment center
Department of Education, Kazerun Schools

Full name of responsible person
Sanaz Rezazadeh

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Islamic Azad University

Full name of responsible person
Dr. Masoumeh Emadi

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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
Sanaz Rezazadeh

Position
MSc Student of Clinical Psychology

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
Participant data are not available for sharing due to privacy and confidentiality restrictions.

Study Protocol
No - There is not a plan to make this available

Statistical Analysis Plan
No - There is not a plan to make this available

Informed Consent Form
No - There is not a plan to make this available

Clinical Study Report
No - There is not a plan to make this available

Analytic Code
No - There is not a plan to make this available

Data Dictionary
No - There is not a plan to make this available