

Clinical Trial Protocol

Iranian Registry of Clinical Trials

11 Sep 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

+98 71 4222 4473

Email address

ss5463048@gmail.com

Recruitment status

Not yet recruiting

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

City

Marvdasht

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

Street address

Saadi St., Daneshjoo Sq., Department of Education,
Kazerun, Fars, Iran

City

Kazerun

Province

Fars

Postal code

7319784314

Phone

+98 71 4222 2202

Email

ss5463048@gmail.com

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Islamic Azad University

Full name of responsible person

Dr. Masoumeh Emadi

Street address

Islamic Azad University, Takht-e Jamshid Blvd

City

Marvdasht

Province

Fars

Postal code

1311973711

Phone

+98 71 3913 0001

Email

m.info@miau.ac.ir

Web page address

https://miau.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

Sanaz Rezazadeh

Position

MSc Student of Clinical Psychology

Latest degree

Bachelor

Other areas of specialty/work

Psychology

Street address

English: Marvdasht, University Boulevard, near
Persepolis

City

Marvdasht

Province

Fars

Postal code

7371113119

Phone

+98 71 3913 0001

Email

ss5463048@gmail.com

Web page address

Person responsible for scientific 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

Street address

Bahar Azadi, Laleh 20 Meteri Street, Alley 6, No. 6

City

KKazeroon

Province

Fars

Postal code

7315984491

Phone

+98 714224473

Email

ss5463048@gmail.com

Person responsible for updating data

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

Street address

Takht-e Jamshid Blvd, Islamic Azad University,
Marvdasht Branch

City

Marvdasht

Province

Fars

Postal code

7371113119

Phone

+98 71 4314 1000

Email

ss5463048@gmail.com

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