Clinical Trial Protocol
Iranian Registry of Clinical Trials

07 Nov 2026

Comparing the effectiveness of interpersonal psychotherapy interventions for adolescents (IPT-AST) and cognitive behavioral therapy (CBT) on academic retention, Entrapment, attitude to psychological help-seeking and belonging in students with suicidal thoughts.

Protocol summary

Study aim
Comparing the effectiveness of Interpersonal Psychotherapy for Adolescents and Cognitive Behavioral Therapy on academic persistence, feelings of entrapment, attitudes toward seeking psychological help, and sense of belonging among students with suicidal ideation.

Design
A controlled, parallel-group, open-label (non-blinded) clinical trial involving 45 participants, utilizing non-random, purposive sampling and random assignment to groups via the `rand` function in Microsoft Excel.

Settings and conduct
From among female secondary school students in Qaem Shahr who exhibit suicidal ideation, 45 individuals are selected via purposive sampling and randomly assigned to three groups of 15 (two experimental groups and one control group). The first experimental group receives Interpersonal Psychotherapy for Adolescents based on the protocol by Young, Mufson, and Schuler (2016), while the second experimental group receives the Brief Cognitive-Behavioral Therapy protocol developed by Bryan and Rudd (2018); both interventions are delivered over 10 sessions. During this period, the control group receives standard school services and remains on a waiting list. No blinding is employed.

Participants/Inclusion and exclusion criteria
Inclusion criteria: age range of 13 to 18 years; a score of at least 5 on the suicidal ideation scale; not currently receiving other psychological or psychiatric interventions; and provision of informed consent by both the student and their parents. Exclusion criteria: absence from more than one session; withdrawal from the study; and the emergence of an acute psychological condition requiring immediate specialized intervention.

Intervention groups
Interpersonal Psychotherapy for Adolescents (IPT-AST) and Brief Cognitive Behavioral Therapy (BCBT)

Main outcome variables
Academic resilience; sense of entrapment; attitudes toward seeking psychological help; sense of belonging

General information

Reason for update

Acronym

IRCT registration information
IRCT registration number: **IRCT20261016071447N1**
Registration date: **2026-10-27, 1405/08/05**
Registration timing: **prospective**

Last update: **2026-10-27, 1405/08/05**
Update count: **0**

Registration date
2026-10-27, 1405/08/05

Registrant information

Name
Faeze Mirzaie

Name of organization / entity

Country
Iran (Islamic Republic of)

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Recruitment status
recruiting

Funding source

Expected recruitment start date
2026-10-31, 1405/08/09

Expected recruitment end date
2027-01-05, 1405/10/15
Actual recruitment start date
empty
Actual recruitment end date
empty
Trial completion date
empty

Scientific title
Comparing the effectiveness of interpersonal psychotherapy interventions for adolescents (IPT-AST) and cognitive behavioral therapy (CBT) on academic retention, Entrapment, attitude to psychological help-seeking and belonging in students with suicidal thoughts.

Public title
Comparison of the Effects of Interpersonal Psychotherapy and Cognitive Behavioral Therapy in Students with Suicidal Ideation.
Purpose
Education/Guidance
Inclusion/Exclusion criteria
Inclusion criteria:
Being in the 13 to 18 age range Enrolled in lower or upper secondary education at schools in the city of Qaem Shahr Score 5 or higher on the Beck Suicidal Thought Scale Not receiving other similar psychological or psychiatric interventions concurrently during the conduct of the research Submission of informed consent by the student and parents
Exclusion criteria:
Must not suffer from severe psychiatric disorders (such as psychosis or bipolar disorder). Should not simultaneously receive other psychological treatments or pharmacotherapy.
Age
From **13 years** old to **18 years** old
Gender
Female

Phase
N/A
Groups that have been masked
No information
Sample size
Target sample size: **45**
Randomization (investigator's opinion)
Randomized
Randomization description
In this clinical trial, participants will first be selected from female secondary school students using purposive non-random sampling based on specific inclusion and exclusion criteria; eligible candidates—defined as those scoring at least 5 on the Beck Scale for Suicide Ideation—will be identified, and upon obtaining informed consent, they will be randomly assigned to the study groups using the `rand` function in Microsoft Excel.
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
Islamic Azad University - Sari Branch (Research Ethics Committee)
Street address
7th Azad University, kilometer 7 of Darya Road (Farahabad)
City
Sari
Province
Mazandaran
Postal code
4661611691
Approval date
2026-07-14, 1405/04/23
Ethics committee reference number
IR.IAU.SARI.REC.1405.114

Health conditions studied

1

Description of health condition studied
Suicidal ideation
ICD-10 code
R45.8
ICD-10 code description
Other symptoms and signs involving emotional state. Suicidal ideation (tendencies)

Primary outcomes

1

Description
Academic persistence score in the Martin and Marsh questionnaire
Timepoint
Before the intervention, after the intervention, and one month after the end of the intervention
Method of measurement
Martin and Marsh’s (2008) 6-Item Academic Resilience Scale

2

Description
Score for the feeling of being trapped on the Gilbert and Allan questionnaire; Beurs et al.
Timepoint

Before the intervention, after the intervention, and one month after the end of the intervention

Method of measurement

Gilbert and Allen's 16-item questionnaire (1998); Beurs et al.'s 4-item questionnaire (2020)

3

Description

Score for Attitude Toward Seeking Psychological Help

Timepoint

Before the intervention, after the intervention, and one month after the end of the intervention

Method of measurement

Fischer and Farina's Attitudes Toward Seeking Professional Psychological Help Scale (1995)

4

Description

Belonging Score

Timepoint

Before the intervention, after the intervention, and one month after the end of the intervention

Method of measurement

Van Arden et al.'s 15-Item Interpersonal Needs Assessment Questionnaire (2012)

Secondary outcomes

empty

Intervention groups

1

Description

Intervention Group 1 receives the Interpersonal Psychotherapy for Adolescents program (Young, Mufson, & Schuler, 2016) over 10 weekly sessions. The content of the sessions includes the assessment of significant interpersonal relationships, communication analysis, communication strategies for improving relationships, role-playing, and the application of these strategies to real-life situations.

Category

Treatment - Other

2

Description

Intervention Group 2 receives the short-term cognitive-behavioral program developed by Bryan and Rudd (2018), delivered in 10 weekly sessions. The content of these sessions covers emotion regulation, cognitive flexibility, crisis management, weakening the belief system supporting suicide, and relapse prevention.

Category

Treatment - Other

3

Description

Control group: They receive standard school services and remain on the waiting list. Once the study is concluded, the intended treatment will be provided to this group.

Category

Treatment - Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Qaem Shahr County Education Department Counseling Center

Full name of responsible person

Faezeh Mirzaie

Street address

Shaghayegh 3 Alley, Shohada-ye Koochaksara Street

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Islamic Azad University

Full name of responsible person

Dr. Abbasali Pouraqajan

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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

Faezeh Mirzaei

Position

Student

Latest degree

Master

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

There is no further information.

Study Protocol

Undecided - It is not yet known if there will be 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

Not applicable