Clinical Trial Protocol
Iranian Registry of Clinical Trials

08 Nov 2026

The clinical trial of the comparison of Transdiagnostic Therapy with cognitive- behavior therapy on emotion regulation strategies in patients with emotional disorders

Protocol summary

Summary

An important concept for understanding emotional disorders is emotion regulation. The present study focuses on Effectiveness of Transdiagnostic Therapy on emotion regulation strategies of patients with emotional disorders in comparison with cognitive-behavior therapy. This study was a pretest/post test randomized control trial. Inclusion criteria was age 18 or older; be fluent in Persian; be able to attend all treatment sessions and assessments and provide informed consent and exclusion criteria was evidence of dementia or other neuro-cognitive conditions that impair ability; have clinical conditions that require immediate treatment; suicidality; substance use disorders. A diagnostically heterogeneous clinical sample of 23 patients with a principal depression and anxiety disorders that randomly assigned in two groups (transdiagnostic and CBT), and participated in eight sessions. Participants were recruited from Clinical Psychology and Psychiatry Clinics of Taleghani Hospital, Tehran, Iran. Cognitive Emotion Regulation Questionnaire (CERQ) and Positive and Negative Affect Scale (PANAS) were completed pre and post intervention by participants. The results were analyzed by dependent sample t test and analyses of covariance (ANCOVA). Data analysis showed that transdiagnostic therapy resulted in significant improvement of cognitive emotion regulation strategies. Transdiagnostic treatment was confirmed in decreasing negative affects and negative cognitive emotion regulation strategies and improving positive affect and positive cognitive emotion regulation strategies in patients with depression and anxiety disorders, and was more effective than cognitive-behavior therapy for increaseed positive affects.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2014010516085N1**
Registration date: **2014-03-13, 1392/12/22**
Registration timing: **retrospective**

Last update:
Update count: **0**

Registration date

2014-03-13, 1392/12/22

Registrant information

Name

mozhgan lotfi

Name of organization / entity

shahid beheshti university of medical sciences

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Recruitment status

Recruitment complete

Funding source

Deputy of Research of Medicine School of Shahid Beheshti University of Medical Sciences

Expected recruitment start date

2012-07-09, 1391/04/19

Expected recruitment end date

2013-01-08, 1391/10/19

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date
empty

Scientific title
The clinical trial of the comparison of Transdiagnostic Therapy with cognitive- behavior therapy on emotion regulation strategies in patients with emotional disorders

Public title
The clinical trial of the comparison of Transdiagnostic Therapy with cognitive- behavior therapy on patients with depression and anxiety disorders

Purpose
Treatment

Inclusion/Exclusion criteria
Inclusion criteria: age 18 or older; be fluent in Persian; be able to attend all treatment sessions and assessments; provide informed consent Exclusion criteria: have evidence of dementia or other neuro-cognitive conditions that impair ability; have clinical conditions that require immediate treatment; suicidality; substance use disorders

Age
From **22 years** old to **50 years** old

Gender
Both

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **23**

Randomization (investigator's opinion)
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
Deputy of Research of Medicine School of Shahid Beheshti University of Medical Sciences

Street address
Shahid Beheshti University of Medical Sciences, Koodakayar Avenue. Evin. Tehran, Iran

City
Tehran

Postal code

Approval date
2013-01-08, 1391/10/19

Ethics committee reference number
0308/14024

Health conditions studied

1

Description of health condition studied
anxiety disorders and depression

ICD-10 code
f32.1, f41

ICD-10 code description
generalized anxiety disorder, moderate depressive episode

Primary outcomes

1

Description
anxiety

Timepoint
at the end of treatment

Method of measurement
by questionnaire

Secondary outcomes

1

Description
depression

Timepoint
at the end of treatment

Method of measurement
by questionnaire

Intervention groups

1

Description
Treatment in the transdiagnostic condition consisted of 8 weekly 45 minute sessions following unified protocol. The unified protocol consists of five core treatment modules: (a) increasing present-focused emotion awareness (b) increasing cognitive flexibility (c) identifying and preventing emotion sensations and (e) emotion-focused exposure (Allen, McHugh, & Barlow, 2008; Barlow, Ellard, et al., 2011). The first session was focused on motivation enhancement for treatment engagement and change. The second session emotional understanding was focused, and the third session cognitive reappraisals were trained. The focus of fourth and fifth sessions was emotional avoidance and emotion-focused behaviors. And the content of sixth session was awareness and tolerance of physical sensations. The final two sessions was focused on introceptive and situational emotion exposures.

Category
Behavior

2

Description
In the CBT condition, we conducted 8 weekly 45 minute session following cognitive-behavioral diagnosis- specific manuals.
Category
Behavior

Recruitment centers

1

Recruitment center
Name of recruitment center
Clinical Psychology and Psychiatry Clinics of Taleghani Hospital
Full name of responsible person
Mrs.Mohammadi
Street address
Clinical Psychology Clinic, Taleghani Hospital, Evin Squ, Tehran, Iran
City
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Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Deputy of Research of Medicine School of Shahid Beheshti University of Medical Sciences
Full name of responsible person
Mrs khateri
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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
Deputy of Research of Medicine School of Shahid Beheshti University of Medical Sciences
Proportion provided by this source
100
Public or private sector
empty
Domestic or foreign origin
empty
Category of foreign source of funding
empty
Country of origin
Type of organization providing the funding
empty

Person responsible for general inquiries

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Sharing plan

Deidentified Individual Participant Data Set (IPD)

empty
Study Protocol
empty
Statistical Analysis Plan
empty
Informed Consent Form
empty
Clinical Study Report
empty
Analytic Code
empty
Data Dictionary
empty