# Clinical Trial Protocol
# Iranian Registry of Clinical Trials

09 Nov 2026

## Comparative Efficacy of Compassion _Focused Therapy and Well_Being Therapy on Cognitive Emotional Regulation and Psychological Capital in Female College Students with Love Failure

## Protocol summary


**Summary**

1) Objectives: To evaluate the effectiveness of compassion focused therapy and well-being therapy on improving cognitive-emotional regulation and psychological capital and their dimensions in female students with love failure. 2) Design: The research method is a pre-test-post-test with a control group 3) Setting and conduct: The girl students who have the requirments of this study will register through the declaration of invitation in the Islamic Azad University, Science and Research Branch, and then after being interviewed and reviewed the conditions of this study, and filling out the questionnaires, 45 people are selected and then randomly divided into three groups, including two experimental and one control group. The two experimental groups participate in the treatment sessions, but no action will be taken on the control group. After the end of the experimental group sessions, all three groups will again fill up the cognitive emotion regulation questionnaires and the psychological capital questionnaire as post-test. Finally statistical analyzes will be done using the "spss" software. 4) Participants:Includes all female students of Islamic Azad University, Science and Research Branch in Tehran, who have broken in love, and have been passed for three months since they were interrupted. 5) Interventions: Compassion Focused Therapy(CFT) and Well-being Therapy(WT); Time of intervention: After the formation of experimental groups 6) main outcome measures (variables): Cognitive-emotional regulation; psychological capital


## General information

**Acronym**

**IRCT registration information**

IRCT registration number: **IRCT2017080935015N1**

Registration date: **2017-08-09, 1396/05/18**

Registration timing: **retrospective**

Last update:

Update count: **0**

**Registration date**

2017-08-09, 1396/05/18

**Registrant information**


**Name**

Jamileh Ahmadpour

**Name of organization / entity**

Islamic Azad University, Science and Research Branch of Tehran

**Country**

Iran (Islamic Republic of)

**Phone**

+98 21 4481 2166

**Email address**

j.ahmadpour@srbiau.ac.ir


**Recruitment status**

**Recruitment complete**

**Funding source**

Islamic Azad University

**Expected recruitment start date**

2016-06-21, 1395/04/01

**Expected recruitment end date**

2016-08-22, 1395/06/01

**Actual recruitment start date**

empty

**Actual recruitment end date**

empty

**Trial completion date**

empty

**Scientific title**

Comparative Efficacy of Compassion _Focused Therapy

and Well_Being Therapy on Cognitive Emotional Regulation and Psychological Capital in Female College Students with Love Failure

**Public title**
Comparative Efficacy of Compassion _Focused Therapy and Well_Being Therapy on Cognitive Emotional Regulation and Psychological Capital in Female College Students with Love Failure

**Purpose**
Treatment

**Inclusion/Exclusion criteria**
Major entry conditions: Students of the Azad University of Science and Research who are single; ages between 20 and 40 years old; and their rate in the Ross love broken questionnaire is higher than the cut-off line(20) and in the Cognitive Emotional Regulation questionnaire and in the Psychological Capital Questionnaire are lower than the average of all individuals. Major exit Conditions: Those who are diagnosed in a therapist interview that are not suitable for group work; or recognized that the presence of an individual may disturb the work of the team.

**Age**
From **20 years** old to **40 years** old

**Gender**
Female

**Phase**
2-3

**Groups that have been masked**
*No information*

**Sample size**
Target sample size: **45**

**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**
Ethics Committee of Islamic Azad University, Science and Research Branch of Tehran

**Street address**
Above the University square, the end of the north Sattari highway,

**City**
Tehran

**Postal code**

**Approval date**
2016-02-17, 1394/11/28

**Ethics committee reference number**
8/29/30753/د

## Health conditions studied

**1**

**Description of health condition studied**
Signs and symptoms of love failure (cognitive emotional regulation and psychological capital)

**ICD-10 code**

**ICD-10 code description**

## Primary outcomes

**1**

**Description**
Cognitive Emotional Regulation

**Timepoint**
Before the intervention and after the intervention (after two months)

**Method of measurement**
Cognitive Emotion Regulation Questionnaire

**2**

**Description**
Psychological Capital

**Timepoint**
Before the intervention and after the intervention (after two months)

**Method of measurement**
Psychological Capital Questionnaire

## Secondary outcomes

empty

## Intervention groups

**1**

**Description**
Well -being therapy(WT)

**Category**
Behavior

**2**

**Description**
Compassion focused therapy(CFT)

**Category**
Behavior

## Recruitment centers

**1**

**Recruitment center**
**Name of recruitment center**
GanjeDaroon psychological center
**Full name of responsible person**
Jamileh Ahmadpour
**Street address**
No 40, Andarzgoo Alley, (Crossed Kaveh Blvd), Shariati St, Tehran, Iran.
**City**
Tehran

## Sponsors / Funding sources

**1**

**Sponsor**
**Name of organization / entity**
Vice chancellor for research, Islamic Azad University
**Full name of responsible person**
Afsaneh Mozaffari
**Street address**
Faculty of Humanities, above the University square, end of the north Sattari highway
**City**
Tehran
**Grant name**
**Grant code / Reference number**
**Is the source of funding the same sponsor organization/entity?**
Yes
**Title of funding source**
Vice chancellor for research, Islamic Azad University
**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

**Contact**
**Name of organization / entity**
Islamic Islamic Azad University, Science and Research Branch of Tehran
**Full name of responsible person**
Jamileh Ahmadpour
**Position**
student
**Other areas of specialty/work**
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## Person responsible for scientific inquiries

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## Person responsible for updating data

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GanjeDaroon psychological center
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**Position**
Manager
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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*