Clinical Trial Protocol
Iranian Registry of Clinical Trials

08 Nov 2026

Developing and Effectiveness of Attention Bias Modification on anxious Attachment Style, Empathy, Cognitive Flexibility, and Emotional Self-Disclosure on University Students.

Protocol summary

Study aim
Effectiveness of intervention of attention bias modification on Insecure Attachment Styles, Empathy, Cognitive Flexibility, and Emotional Self-Disclosure

Design
Clinical trials have two parallel experimental and control groups. Participants were randomly assigned to two groups and the study was conducted as a one-way blind course. A simple random method will be used. The table of random numbers is used to assign participants to two groups.There are 17 people in each group.

Settings and conduct
The present study will be experimental and will be conducted in two phases. The first phase of the design of the attention-grabbing correction package will be done through point exploration software. The second phase is performed in the field. The study will be conducted at the Counseling Center of Semnan University. Participants in the experimental group are placed in a room in front of a 14-inch monitor device at least 60 cm apart. Participants are presented with images of a pair of neutral-neutral visual stimuli, and are asked to quickly click a button under which the probe appears. Their reaction time is recorded. Interventions with multiple blocks of images continue for 10 sessions. Participants in both groups are treated as if they were intervening.

Participants/Inclusion and exclusion criteria
Entry criteria Age between 18 and 24 years Anxious attachment style Output criteria underlying anxiety Acute medical illness, psychological disorders

Intervention groups
18- to 24-year-old students with anxiety attachment style . A pair of neutral-emotional images are presented. participant provided with a pair of images. A probe appears behind the neutral image. Task, is to quickly unlock the key that is on the side of the probe sign. Reaction time is recorded. Task is in blocks of 60 to 90 during 10 sessions. Each participant in control group is shown only two neutral images.

Main outcome variables
Attention bias to emotional faces

General information

Reason for update

Acronym

IRCT registration information
IRCT registration number: **IRCT20200213046479N1**
Registration date: **2020-04-17, 1399/01/29**
Registration timing: **prospective**

Last update: **2020-04-17, 1399/01/29**
Update count: **0**

Registration date
2020-04-17, 1399/01/29

Registrant information

Name
Zohre Moini

Name of organization / entity
University of Semnan

Country
Iran (Islamic Republic of)

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+98 21 4421 5842

Email address
z.moini@semnan.ac.ir

Recruitment status
Recruitment complete

Funding source

Expected recruitment start date
2020-04-20, 1399/02/01

Expected recruitment end date
2020-08-22, 1399/06/01

Actual recruitment start date
empty
Actual recruitment end date
empty
Trial completion date
empty

Scientific title
Developing and Effectiveness of Attention Bias Modification on anxious Attachment Style, Empathy, Cognitive Flexibility, and Emotional Self-Disclosure on University Students.

Public title
Attention bias modification on anxious attachment
Purpose
Supportive
Inclusion/Exclusion criteria
Inclusion criteria:
age 18-24 years old anxious attachment style
Exclusion criteria:
avoidant attachment style clinical anxiety disorder Medical disease and psychological disorders
Age
From **18 years** old to **24 years** old
Gender
Both

Phase
N/A
Groups that have been masked

- Participant

Sample size
Target sample size: **34**
Randomization (investigator's opinion)
Randomized
Randomization description
Accidental assignment of participants to the two experimental and control groups is done by simple random method. The names of the participants are listed in alphabetical order and each of them is assigned a number using the table of random numbers. Even numbers fall into the experimental group.
Blinding (investigator's opinion)
Single blinded
Blinding description
The intervention is performed single blind. Participants in the control group are treated as if they were receiving an intervention. Participants, staff of the Advisory Center, and statistical data analysts are unaware of the group membership of the participants.
Placebo
Not used
Assignment
Parallel
Other design features
Modifying Anxious Attachment Style by Improving Attention bias in Few studies have been conducted abroad, that, in case of effectiveness, can lead to a short course of treatment of rejection anxiety, in these individuals through subliminal treatment at low cost and time.

Secondary Ids

empty

Ethics committees

1

Ethics committee
Name of ethics committee
Ethics committee of semnan university of medical Sciences
Street address
Semnan university of medical Sciences
City
Semnan
Province
Semnan
Postal code
1454673381
Approval date
2019-10-22, 1398/07/30
Ethics committee reference number
IR.SEMUMS.REC.1398.182

Health conditions studied

1

Description of health condition studied
Attention bias in anxiety attachment style
ICD-10 code
ICD-10 code description

Primary outcomes

1

Description
Score earned on attentional bias task
Timepoint
At the begining of intervention, end of intervention, 2 months after the end of intervention
Method of measurement
Dot-probe tas

2

Description
Anxious attachment style
Timepoint
At the begining of intervention, end of intervention, 2 months after the end of intervention
Method of measurement
Experience on close relationship

Secondary outcomes

empty

Intervention groups

1

Description
Intervention: This group consists of participants with an anxious attachment style who pay attention to the threatening emotional faces. Each participant is presented with a pair of neutral-emotional images. Participants' task is to press the directional key as shown below. The images are randomly given to the left or right of a 14-inch screen. 60 to 90 blocks of images will be displayed to participants for 10 sessions.
Category
Behavior

2

Description
Control group: This group consists of participants with an anxious attachment style who pay attention to the threatening emotional faces of bias. Each participant is shown only two neutral images.
Category
Behavior

3

Description
Control group: no task will be done
Category
Behavior

Recruitment centers

1

Recruitment center
Name of recruitment center
Semnan university
Full name of responsible person
Siavash Talepasand
Street address
Mahdi shahr, psychology department
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1454673381
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Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Semnan University
Full name of responsible person
S. Sadodin
Street address
Central Administration of Semnan University, Campus 1, Semnan,
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35131-19111
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Email
psychology @ semnan.ac.ir
Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
Semnan 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
University of Semnan
Full name of responsible person
Siavash Talepasand
Position
Associate Professor
Latest degree
Ph.D.
Other areas of specialty/work
Psychology
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Person responsible for scientific inquiries

Contact

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University of Semnan

Full name of responsible person
Siavash Talepasand

Position
Associate Professor

Latest degree
Ph.D.

Other areas of specialty/work
Psychology

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Person responsible for updating data

Contact

Name of organization / entity
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Full name of responsible person
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Position
PhD student

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Other areas of specialty/work
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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
Will be provided upon request.

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
Not applicable

Analytic Code
Undecided - It is not yet known if there will be a plan to make this available

Data Dictionary
Undecided - It is not yet known if there will be a plan to make this available