Clinical Trial Protocol
Iranian Registry of Clinical Trials

07 Nov 2026

Developing and validating a combination of attachment-based therapy and compassion-based therapy and its effectiveness on emotion regulation, shame and fear of intimacy in adults with insecure attachment

Protocol summary

Study aim
Developing and validating a combination of attachment-based therapy and compassion-based therapy and its effectiveness on emotion regulation, shame and fear of intimacy in adults with insecure attachment

Design
Two groups of 15 people: intervention and control
Purposive sampling followed by random assignment

Settings and conduct
Nayeri Psychological Counseling and Services Clinic

Participants/Inclusion and exclusion criteria
Mashhad City Theater students Having an insecure attachment style Age 20 to 35 years

Intervention groups
The effectiveness of a combined package of attachment-based therapy and compassion-based therapy The control group receives the intervention after the follow-up phase

Main outcome variables
Emotion regulation, Shame, Fear of intimacy

General information

Reason for update

Acronym

IRCT registration information
IRCT registration number: **IRCT20240930063208N1**
Registration date: **2024-11-30, 1403/09/10**
Registration timing: **registered_while_recruiting**

Last update: **2024-11-30, 1403/09/10**
Update count: **0**

Registration date
2024-11-30, 1403/09/10

Registrant information

Name
Hamid Nejat

Name of organization / entity

Country
Iran (Islamic Republic of)

Phone
+98 51 3847 3761

Email address
dr.nejat54@iau.ac.ir

Recruitment status
Recruitment complete

Funding source

Expected recruitment start date
2024-11-27, 1403/09/07

Expected recruitment end date
2024-12-04, 1403/09/14

Actual recruitment start date
empty

Actual recruitment end date
empty

Trial completion date
empty

Scientific title
Developing and validating a combination of attachment-based therapy and compassion-based therapy and its effectiveness on emotion regulation, shame and fear of intimacy in adults with insecure attachment

Public title
Developing and validating a combination of attachment-based therapy and compassion-based therapy and its effectiveness on emotion regulation, shame and fear of intimacy in adults with insecure attachment

Purpose
Education/Guidance

Inclusion/Exclusion criteria

Inclusion criteria:

Mashhad City Theater students Having an insecure attachment style

Exclusion criteria:

Age

From **20 years** old to **35 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **30**

Randomization (investigator's opinion)

Randomized

Randomization description

First, 30 people will be selected from the target population through purposive sampling based on the inclusion criteria, and then the random matching method will be used, in which the subjects will be converted into a list of pairs of subjects based on the attachment style obtained from the attachment style questionnaire and gender (which will include men and women in equal numbers in the initial sampling). Then, by simple random drawing, one of the two paired elements will be assigned to the intervention group and the other to the control group

Blinding (investigator's opinion)

Not blinded

Blinding description

Placebo

Not used

Assignment

Single

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Research Ethics Committees Of Mashhad Medical Science Islamic Azad University

Street address

No. 213, Seyed Rezi 37, Seyed Rezi Street

City

Mashhad

Province

Razavi Khorasan

Postal code

9188758680

Approval date

2024-08-07, 1403/05/17

Ethics committee reference number

IR.IAU.MSHD.REC.1403.067

Health conditions studied

1

Description of health condition studied

Emotion regulation, shame and fear of intimacy in adults with insecure attachment

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description

Attachment styles

Timepoint

Beginning of the study

Method of measurement

Hazan & Shaver attachment style questionnaire

Secondary outcomes

1

Description

Emotion regulation, shame and fear of intimacy

Timepoint

Pre-test, post-test and follow-up

Method of measurement

Gross and John's Emotion regulation, Tangney and Dearing's automatic emotion, Descutner and Thelen's Fear of intimacy

Intervention groups

1

Description

Intervention group: Integrated package of attachment-based therapy and compassion-based therapy

Category

Treatment - Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Mashhad Independent Theater Campus

Full name of responsible person

Mashhad Independent Theater Campus

Street address

No. 78, between Hafez and Saremi Squares, Saremi Blvd

City

Mashhad

Province

Razavi Khorasan

Postal code

R1N155G5F100J0

Phone
+98 51 3890 5567

Email
info@pardistheater.com

Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Islamic Azad University

Full name of responsible person
Hamid Nejat

Street address
2nd floor,No. 6,20 Hakim Nizami St,Kohsangi St

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Email
Dr.nejat54@iau.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
1

Public or private sector
Private

Domestic or foreign origin
Domestic

Category of foreign source of funding
empty

Country of origin

Type of organization providing the funding
Other

Person responsible for general inquiries

Contact

Name of organization / entity
Islamic Azad University

Full name of responsible person
Hamid Nejat

Position
Assisstan professor

Latest degree
Ph.D.

Other areas of specialty/work
Psychology

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Person responsible for updating data

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Sharing plan

Deidentified Individual Participant Data Set (IPD)

Yes - There is a plan to make this available

Study Protocol

Yes - There is a plan to make this available

Statistical Analysis Plan

Not applicable

Informed Consent Form

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

Clinical Study Report

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

Analytic Code

Not applicable

Data Dictionary

Not applicable

Title and more details about the data/document

Developed protocol and its validation Pre-test, post-test, and follow-up data files

When the data will become available and for how long

After completion of the follow-up phase (3 months after the intervention)

To whom data/document is available

Academic institutions and scientific journals

Under which criteria data/document could be used

Maintaining confidentiality regarding research data Cite the source if new analyses need to be performed

From where data/document is obtainable

dr.nejat54@iau.ac.ir

What processes are involved for a request to access data/document

Send an email with the details and after checking the file details, the email will be sent. Send an email with the details and after checking the file details, the email will be sent

Comments