Clinical Trial Protocol
Iranian Registry of Clinical Trials

08 Nov 2026

The Effectiveness of Integrated Transdiagnostic Treatment on Improving Symptoms and Emotional Indicators in Individuals with Internet Addiction Comorbid with Other Emotional Disorders: A Randomized Controlled Trial

Protocol summary

Study aim
The Aim of The Present Study Is to Investigate The Effectiveness of Unified Transdiagnostic Treatment on Improving Symptoms and Emotional Indices of Individuals with Internet Addiction Comorbid with Other Emotional Disorders.

Design
34 participants with Internet addiction and emotional disorders will be randomly assigned (using a blocking method) and double-blinded to the treatment and waitlist groups.

Settings and conduct
Participant allocation will be done by someone other than the therapist. Block randomization will be used to allocate participants. Referral to treatment groups and waiting lists will be made by the Kurdistan University Counseling Center and mental health professionals.

Participants/Inclusion and exclusion criteria
The General Population includes students of Kurdistan University, and the sample Includes a number of these individuals with Internet Addiction comorbid with Emotional Disorders.

Intervention groups
Individuals with internet addiction accompanied by emotional disorders will be randomly assigned to either the unified transdiagnostic treatment group or the waitlist group.

Main outcome variables
Internet Addiction, Difficulties in Emotion Regulation, Distress Intolerance, Experiential Avoidance

General information

Reason for update

Acronym

IRCT registration information
IRCT registration number: **IRCT20250529065959N1**
Registration date: **2025-06-25, 1404/04/04**
Registration timing: **prospective**

Last update: **2025-06-25, 1404/04/04**
Update count: **0**

Registration date
2025-06-25, 1404/04/04

Registrant information

Name
sara karimi

Name of organization / entity
University of kurdistan

Country
Iran (Islamic Republic of)

Phone
+98 83 3837 2966

Email address
sara.karimi@uok.ac.ir

Recruitment status
Recruitment complete

Funding source

Expected recruitment start date
2025-07-21, 1404/04/30

Expected recruitment end date
2025-12-16, 1404/09/25

Actual recruitment start date
empty

Actual recruitment end date
empty

Trial completion date
empty

Scientific title
The Effectiveness of Integrated Transdiagnostic Treatment on Improving Symptoms and Emotional Indicators in Individuals with Internet Addiction Comorbid

with Other Emotional Disorders: A Randomized Controlled Trial

Public title
The Effectiveness of the Unified Transdiagnostic Treatment on Internet Addiction comorbid with Emotional Disorders
Purpose
Treatment
Inclusion/Exclusion criteria
Inclusion criteria:
The diagnosis of internet addiction is based on a structured clinical interview and the use of Young's Internet Addiction Questionnaire with a minimum score of 46 Having at least one emotional disorder An age range of 18-30 years A willingness to cooperate and continue therapy sessions
Exclusion criteria:
Using psychiatric medications or psychoactive substances, , and Having more than two absences Receiving psychological interventions concurrently Diagnosis of any psychological disorder other than those under investigation in the study
Age
From **18 years** old to **30 years** old
Gender
Both

Phase
N/A
Groups that have been masked

- Participant
- Care provider
- Investigator

Sample size
Target sample size: **34**
Randomization (investigator's opinion)
Randomized
Randomization description
Following the selection of individuals with Internet addiction comorbid with emotional disorders based on inclusion and exclusion criteria, they will be assigned to treatment and control groups using a minimization method. The purpose of this method is to control for the variable of gender. Thus, if the first participant is female, she will be placed in group number one. If the second participant is male, he will also be placed in the first group. If the third participant is female, she will be placed in the second group, and the remaining participants will be assigned to groups in the same manner, adjusting for the gender variable.
Blinding (investigator's opinion)
Double blinded
Blinding description
In this study, a clinical interview will be conducted by an expert clinical therapist to assess inclusion and exclusion criteria. Participants will be randomly assigned to either the treatment or control group after providing informed consent to participate in the research, such that participants will be unaware of their group assignment (treatment or control). Group allocation of participants and administration of study tests at all three stages (pre-treatment, post-treatment, and 3-month follow-up) will be performed by someone other than the therapist.
Placebo
Not used
Assignment
Parallel
Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee
Name of ethics committee
Ethics committee in Biomedical Research
Street address
Pasdaran Blvd, University of Kurdistan, Central Organization
City
Sanandaj
Province
Kurdistan
Postal code
66177-15175
Approval date
2025-05-18, 1404/02/28
Ethics committee reference number
IR.UOK.REC.1404.009

Health conditions studied

1

Description of health condition studied
Internet Addiction
ICD-10 code
F63.8
ICD-10 code description
Other impulse disorders

Primary outcomes

1

Description
Internet Addiction score in Young Questionnare
Timepoint
before the treatment, after the treatment, 1 months after the end of the treatment
Method of measurement
Young Internet Addiction Questionnaire

Secondary outcomes

1

Description

Depression score on the Beck Depression Inventory, second edition

Timepoint

Before treatment, after treatment, 1 months after the end of treatment

Method of measurement

Beck Depression Inventory, second edition

2

Description

Anxiety score on the Beck Anxiety Questionnaire

Timepoint

Before treatment, after treatment, 1 months after completion of treatment

Method of measurement

Beck Anxiety Questionnaire

3

Description

Difficulties in emotion regulation score

Timepoint

Before treatment, after treatment, 1 months after completion of treatment

Method of measurement

Difficulties in Emotion Regulation Scale

4

Description

Experiential Avoidance score

Timepoint

Before treatment, after treatment, 1 months after completion of treatment

Method of measurement

Acceptance and Action Questionnaire-II

5

Description

Distress Intolerance score

Timepoint

Before treatment, after treatment, 1 months after completion of treatment

Method of measurement

Distress Tolerance Scale

Intervention groups

1

Description

Intervention group: Integrative transdiagnostic therapy for emotional disorders involves up to 12 45-minute sessions. It targets and moderates emotional experiences by developing emotional awareness and cognitive flexibility; identifying emotional behaviors and replacing them with adaptive behaviors; identifying and preventing emotional avoidance; increasing awareness and exposure to physical sensations; and confronting emotions in the situation.

Category

Treatment - Other

2

Description

waitlist group: Group on the waiting list to receive integrated transdiagnostic treatment. After the follow-up sessions of the intervention groups are completed, integrated transdiagnostic treatment will be applied as in intervention group number one.

Category

Treatment - Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Kurdistan University Counseling Center

Full name of responsible person

Anvar Dastbaz

Street address

Pasdaran Blvd., University of Kurdistan

City

sanandaj

Province

Kurdistan

Postal code

66177-15175

Phone

+98 87 3366 6746

Email

anvardastbaz@uok.ac.ir

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

University of Kurdistan

Full name of responsible person

Ali Akbar Mozafari

Street address

Pasdaran Blvd.

City

sanandaj

Province

Kurdistan

Postal code

66177-15175

Phone

+98 87 3362 7722

Email

a.mozafari@uok.ac.ir

Grant name

Grant code / Reference number

Is the source of funding the same sponsor organization/entity?

Yes

Title of funding source

University of Kurdistan

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 Kurdistan

Full name of responsible person
Sara Karimi

Position
Master student

Latest degree
Bachelor

Other areas of specialty/work
Psychology

Street address
Pasdaran Blvd.

City
sanandaj

Province
Kurdistan

Postal code
66177-15175

Phone
087-33664600-8

Email
sara.karimi@uok.ac.ir

Person responsible for scientific inquiries

Contact

Name of organization / entity
The University of Kurdistan

Full name of responsible person
Farzad Nasiri

Position
Assistant Professor

Latest degree
Ph.D.

Other areas of specialty/work
Psychology

Street address
Pasdaran Blvd.

City
Sanandaj

Province
Kurdistan

Postal code
66177-15175

Phone
087-33664601-2246

Email
nasiri.uok@yahoo.com

Person responsible for updating data

Contact

Name of organization / entity
The University of Kurdistan

Full name of responsible person
Sara Karimi

Position
Master Student

Latest degree
Bachelor

Other areas of specialty/work
Psychology

Street address
Pasdaran Blvd.

City
Sanandaj

Province
Kurdistan

Postal code
66177-15175

Phone
087-33664600-8

Email
sara.karimi@uok.ac.ir

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
Yes - There is a plan to make this available

Informed Consent Form
Yes - There is a plan to make this available

Clinical Study Report
Yes - There is a plan to make this available

Analytic Code
Yes - There is a plan to make this available

Data Dictionary
Yes - There is a plan to make this available

Title and more details about the data/document
Some of the data, including information related to the main outcome, can be shared.

When the data will become available and for how long
Access begins one year after results are published.

To whom data/document is available
The data will only be available to researchers working at academic institutions.

Under which criteria data/document could be used
Requests to use data are only permitted for use in cross-cultural surveys or meta-analytic studies.

From where data/document is obtainable
Researchers can apply through the aforementioned communication channel to receive the desired documents or data. Email: nasiri.uok@yahoo.com

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

The data information will be provided to individuals via email or post after the application is evaluated.

Comments