Clinical Trial Protocol
Iranian Registry of Clinical Trials

07 Nov 2026

Studying the effectiveness of emotion-focused therapy on test anxiety, academic self-efficacy, academic resilience, and rumination in students

Protocol summary

Study aim
To determine the effectiveness of emotion-focused therapy on reducing test anxiety and rumination, and increasing self-efficacy and academic resilience in sixth-grade female elementary school students with clinical symptoms of test anxiety in Ahvaz city.

Design
A controlled clinical trial with parallel groups, single-blind, randomized, on 60 students. The rand function of Excel software was used for randomization.

Settings and conduct
This study is conducted to investigate the effectiveness of EFT in reducing test anxiety and improving related psychological indicators among sixth-grade female students in Ahvaz. Treatment sessions will be held in school counseling centers or psychological clinics in the city. The evaluators (the people who collect and analyze the questionnaires) will be unaware of the group to which each student belongs in order to reduce possible bias in the results.

Participants/Inclusion and exclusion criteria
Sixth grade female students in Ahvaz Clinical diagnosis of test anxiety syndrome Informed consent from students and their parents is required for participation in the study. Failure to provide consent from the student or parent will prevent entry into the study.

Intervention groups
Intervention group (Emotionally Focused Therapy or EFT): In this group, female students undergo sessions of emotion-focused therapy. These sessions are designed to help students identify, understand, accept, and regulate their emotions. Control group: In this group, no specific intervention is given. In other words, students in this group are in their normal circumstances and do not receive any type of therapy or education related to the study topic.

Main outcome variables
Test Anxiety Academic Self-Efficacy Academic Resilience Ruminating

General information

Reason for update

Acronym

IRCT registration information
IRCT registration number: **IRCT20250702066337N1**
Registration date: **2025-08-15, 1404/05/24**
Registration timing: **prospective**

Last update: **2025-08-15, 1404/05/24**
Update count: **0**

Registration date
2025-08-15, 1404/05/24

Registrant information

Name
Rezvan mohamadalinezhad

Name of organization / entity

Country
Iran (Islamic Republic of)

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+98 61 4352 1611

Email address
mehrdinanz@gmail.com

Recruitment status
Recruitment complete

Funding source

Expected recruitment start date
2025-09-21, 1404/06/30

Expected recruitment end date
2026-03-20, 1404/12/29

Actual recruitment start date
empty

Actual recruitment end date
empty

Trial completion date
empty

Scientific title

Studying the effectiveness of emotion-focused therapy on test anxiety, academic self-efficacy, academic resilience, and rumination in students

Public title
Studying the effectiveness of emotion-focused therapy on test anxiety, academic self-efficacy, and academic resilience
Purpose
Education/Guidance
Inclusion/Exclusion criteria
Inclusion criteria:
Sixth grade female students in Ahvaz city Clinical diagnosis of test anxiety syndrome Obtaining informed consent from students and their parents to participate in the study
Exclusion criteria:
Parental divorce Drug addiction
Age
From **10 years** old to **15 years** old
Gender
Female

Phase
N/A
Groups that have been masked

- Outcome assessor
- Data analyser
- Data and Safety Monitoring Board

Sample size
Target sample size: **60**
Randomization (investigator's opinion)
Randomized
Randomization description
In this study, participants (sixth grade female students with clinical symptoms of test anxiety) were randomly assigned to two intervention groups (emotion-focused therapy) and control groups (recipients of the usual school intervention) using the RAND function in Excel software (or a random number table) after initial screening and meeting the entry requirements.
Blinding (investigator's opinion)
Single blinded
Blinding description
Blinding: Due to the nature of the intervention (emotion-focused therapy), blinding of participants or therapists is not possible. However, efforts will be made to ensure that outcome assessors are unaware of the group to which participants are assigned. This will be done by separating the assessors from the treatment process and concealing information about the treatment group from them.
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, Ahvaz Branch
Street address
Islamic Azad University Ahvaz Branch، Farhangshahr، Golestan Highway
City
Ahvaz
Province
Khouzestan
Postal code
3733361349
Approval date
2025-05-15, 1404/02/25
Ethics committee reference number
IR.IAU.AHVAZ.REC.1404.190

Health conditions studied

1

Description of health condition studied
Exam anxiety
ICD-10 code
F41.1
ICD-10 code description
Generalized anxiety disorder

Primary outcomes

1

Description
Exam anxiety
Timepoint
At the beginning of the study (before the intervention) and after two months and the end of the last intervention session
Method of measurement
Test Anxiety Questionnaire

Secondary outcomes

1

Description
Academic self-efficacy
Timepoint
At the beginning of the study (before the intervention) and after two months and the end of the last intervention session
Method of measurement
(پرسشنامه خودکارآمدی تحصیلی:توسط زاجاکوا و همکاران (2005

2

Description
Academic resilience
Timepoint
At the beginning of the study (before the intervention) and after two months and the end of the last intervention session
Method of measurement
پرسشنامه تاب تحصیلی توسط مارتین (2001)

3

Description
Rumination
Timepoint
At the beginning of the study (before the intervention) and after two months and the end of the last intervention session
Method of measurement
پرسشنامه نشخوار فکری:این پرسشنامه توسط نولن-هوکسما و مارو 1991))

Intervention groups

1

Description
Intervention group: Emotion-focused therapy is a psychotherapy approach that focuses on identifying, experiencing, regulating, and changing emotions as the primary agents of change in treatment. In this study, EFT is used as an educational intervention to reduce test anxiety and improve its associated variables (self-efficacy, resilience, rumination) in female students. EFT is likely to include components such as emotion awareness training, emotion regulation, cognitive restructuring, and behavioral exercises.
Category
N/A

2

Description
Control group: The purpose of having a control group is to provide a basis for comparison. By comparing the results of the group receiving EFT (the intervention group) with the group not receiving EFT (the control group), researchers can assess whether EFT is effective in improving the variables of interest (test anxiety, academic self-efficacy, academic resilience, and rumination). Typically, the control group either receives no intervention (the waitlist control group) or receives another intervention, known as standard treatment or control treatment.
Category
N/A

Recruitment centers

1

Recruitment center
Name of recruitment center
Islamic Azad University, Ahvaz Unit
Full name of responsible person
Sasan Bavi
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Sponsors / Funding sources

1

Sponsor
Name of organization / entity
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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
Islamic Azad 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
Islamic Azad University

Full name of responsible person
Sasan Bavi

Position
Associate Professor

Latest degree
Ph.D.

Other areas of specialty/work
Psychology

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Position
Student

Latest degree
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Sharing plan

Deidentified Individual Participant Data Set (IPD)
Undecided - It is not yet known if there will be a plan to make this available

Study Protocol
Undecided - It is not yet known if there will be 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
Not applicable

Analytic Code
Not applicable

Data Dictionary
Not applicable