Clinical Trial Protocol
Iranian Registry of Clinical Trials

08 Nov 2026

The Effectiveness of Self-Working Training Program on Social Anxiety Disorder, Rumination, and Distress Tolerance in Male Students of Islamic Azad University, Ahvaz Branch

Protocol summary

Study aim

The main objective of this study is to determine the effectiveness of a Self-Working educational-therapeutic program on social anxiety, rumination, and distress tolerance among male students at Islamic Azad University, Ahvaz Branch. The specific objectives include determining the effectiveness of this program on social anxiety, determining its effectiveness on rumination, and determining its effectiveness on distress tolerance.

Design

Randomized controlled trial with parallel groups, single-blind, on 40 students. Simple randomization using a random number table. Allocation concealment using sealed envelopes. Trial phase is not applicable.

Settings and conduct

At Islamic Azad University, Ahvaz Branch. After informed consent, pretest, random assignment to two groups, 14 sessions for the experimental group, posttest for both groups. Participants will be blinded to group assignment.

Participants/Inclusion and exclusion criteria

Male students of Islamic Azad University, Ahvaz Branch; age 18 to 30 years; score above the mean on the Social Phobia Inventory and Ruminative Responses Scale; score below the mean on the Distress Tolerance Scale; informed consent; no history of similar Self-Working programs; no concurrent treatment; no severe psychiatric disorders; no chronic physical diseases; no history of substance abuse.

Intervention groups

Experimental group: 14 group sessions of 90 minutes each of Self-Working, including six stages: body-working, emotion-working, perception-working, attention-working, future-working, and life-working. Control group: no intervention, assessed only at pretest and posttest, offered content after the study if willing.

Main outcome variables

Social anxiety; rumination; distress tolerance.

General information

Reason for update

Acronym

SW-SARD

IRCT registration information

IRCT registration number: **IRCT20260717070230N1**
Registration date: **2026-10-17, 1405/07/25**
Registration timing: **retrospective**

Last update: **2026-10-17, 1405/07/25**
Update count: **0**

Registration date

2026-10-17, 1405/07/25

Registrant information

Name

Ahmad Abodehveis

Name of organization / entity

Country

Iran (Islamic Republic of)

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+98 61 3111 1111

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ahmadabdeveis@gmail.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2026-10-10, 1405/07/18

Expected recruitment end date

2026-10-13, 1405/07/21

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title
The Effectiveness of Self-Working Training Program on Social Anxiety Disorder, Rumination, and Distress Tolerance in Male Students of Islamic Azad University, Ahvaz Branch

Public title
The Effectiveness of Self-Working on Social Anxiety, Rumination, and Distress Tolerance

Purpose
Treatment

Inclusion/Exclusion criteria

Inclusion criteria:
Male students of Islamic Azad University, Ahvaz Branch Age between 18 and 30 years Obtaining a score above the mean on the Social Phobia Inventory (SPIN) Obtaining a score above the mean on the Ruminative Responses Scale (RRS) Obtaining a score below the mean on the Distress Tolerance Scale (DTS) Willingness and informed consent to participate in the study No participation in similar Self-Working training programs in the past six months No concurrent receipt of other psychological treatment or pharmacotherapy

Exclusion criteria:
Suffering from other severe psychiatric disorders such as schizophrenia or bipolar disorder Suffering from chronic and disabling physical diseases History of drug or alcohol abuse Receiving concurrent other psychological treatment History of participation in similar Self-Working training programs in the past six months

Age
From **18 years** old to **30 years** old

Gender
Male

Phase
N/A

Groups that have been masked

- Participant

Sample size
Target sample size: **40**

Randomization (investigator's opinion)
Randomized

Randomization description
After obtaining informed consent and completing the pretest questionnaires, eligible participants will be randomly assigned to the experimental and control groups. Simple randomization will be used at the individual level. The randomization sequence will be generated using a random number table. Each participant will be assigned a unique code, and based on the generated sequence, they will be allocated to either the experimental group (n = 20) or the control group (n = 20). Allocation concealment will be maintained using sealed opaque envelopes prepared by an individual not involved in the study. No stratification will be applied in this study.

Blinding (investigator's opinion)
Single blinded

Blinding description
This study will use a single-blind design. Participants will be blinded to their group assignment and will not be informed whether they are in the experimental or control group. However, the researcher, who will also serve as the intervention facilitator and outcome assessor, will not be blinded to group allocation.

Placebo
Not used

Assignment
Parallel

Other design features
This study employs a quasi-experimental pretest-posttest design with a control group. The intervention will be delivered in 14 group sessions of 90 minutes each. Participants will be assigned to two groups: an experimental group (n = 20) and a control group (n = 20). The control group will not receive any intervention during the study period, and after the study concludes, they will be offered the opportunity to receive the educational content of the Self-Working program if they wish. Assessment tools include the Social Phobia Inventory (SPIN), the Ruminative Responses Scale (RRS), and the Distress Tolerance Scale (DTS). Data will be analyzed using multivariate analysis of covariance (MANCOVA) and univariate analysis of covariance (ANCOVA).

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee
Ethics Committee of Bushehr University of Medical Sciences

Street address
Bushehr University of Medical Sciences, Shahid Mobaraki, Salman Farsi Blvd., Rishehr, Bushehr

City
Bushehr

Province
Boushehr

Postal code
7518759577

Approval date
2026-09-26, 1405/07/04

Ethics committee reference number
IR.BPUMS.REC.1405.189

Health conditions studied

1

Description of health condition studied
Healthy individuals

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description
Social anxiety score on the Social Phobia Inventory
Timepoint
Measurement at baseline before the intervention and immediately after the intervention sessions
Method of measurement
Social Phobia Inventory by Connor et al

2

Description
Rumination score on the Ruminative Responses Scale
Timepoint
Measurement at baseline before the intervention and immediately after the intervention sessions
Method of measurement
Ruminative Responses Scale by Nolen Hoeksema and Morrow

3

Description
Distress tolerance score on the Distress Tolerance Scale
Timepoint
Measurement at baseline before the intervention and immediately after the intervention sessions
Method of measurement
Distress Tolerance Scale by Simons and Gaher

Secondary outcomes

empty

Intervention groups

1

Description
Intervention group: Receives 14 group sessions of 90 minutes each of the Self-Working educational-therapeutic program. This program is based on the book "Self-Working" and includes six main stages: body-working, emotion-working, perception-working, attention-working, future-working, and life-working. Sessions will be held weekly in small groups.
Category
Treatment - Other

2

Description
Control group: Receives no intervention during the study period and is only assessed at pretest and posttest stages. After the study concludes, the educational content of the Self-Working program will be offered to them if they wish.
Category
N/A

Recruitment centers

1

Recruitment center
Name of recruitment center
Islamic Azad University, Ahvaz Branch
Full name of responsible person
Dr. Reza Johari Fard
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Islamic Azad University, Ahvaz Branch, Farhangshahr Square, Golestan Highway, Ahvaz
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Sponsors / Funding sources

1

Sponsor
Name of organization / entity
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Full name of responsible person
Dr. Esmaeil Abdollahi
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Velayat Building, Beginning of Shahid Rais Ali Delvari Blvd., Shahrdari Square, Bushehr, Islamic Azad University, Bushehr Branch
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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
Ahmad Abodeh Veis
Position
Master's Student in Clinical Psychology
Latest degree
Bachelor
Other areas of specialty/work
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Person responsible for updating data

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Web page address

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
Individual participant data will not be shared due to the sensitive nature of psychological information and the need to maintain complete confidentiality of participants. No further information is available.
Study Protocol
Yes - There is 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
No - There is not a plan to make this available
Analytic Code
Undecided - It is not yet known if there will be a plan to make this available
Data Dictionary
No - There is not a plan to make this available
Title and more details about the data/document
Study protocol including complete information about objectives, design, sampling method, inclusion and exclusion criteria, intervention, assessment tools, and statistical analysis methods.
When the data will become available and for how long
Access to the study protocol will begin from the date of

final registration in IRCT and will continue for five years after the study concludes.

To whom data/document is available

All researchers and investigators affiliated with academic and scientific institutions.

Under which criteria data/document could be used

The study protocol is available only for scientific, research, and literature review purposes. Commercial use is prohibited. Citation of the source is required.

From where data/document is obtainable

Applicants can contact the principal investigator via email.

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

The applicant submits the request via email. The request will be reviewed within a maximum of two weeks, and if approved, the protocol will be sent to the applicant.

Comments