

Clinical Trial Protocol

Iranian Registry of Clinical Trials

10 Jun 2026

Managing Psychological Distress to Improve the Quality of Life, Self-Efficacy and Emotional Intelligence of School Teachers by Using Cognitive Behavioral Therapy

Protocol summary

Study aim

The aim of study is to manage psychological distress to improve quality of life, self-efficacy and emotional intelligence of school teachers by using cognitive behavioral therapy

Design

This phase of the study will be based on Randomized Control Trial with Pre and Post test design with 187 subjects, enrolled between February 2024 to June 2024.

Settings and conduct

The independent variable of the study will be cognitive behavioral therapy while the dependent variable will be psychological distress, quality of life, self-efficacy and emotional intelligence. There will be two groups. One group will be experimental group which will receive treatment and the other will be control group which will not receive any treatment. Nature of the treatment will be brief cognitive behavioral therapy.

Participants/Inclusion and exclusion criteria

Inclusion criteria: Female school teachers employed in government and private schools in the Layyah district, employed for at least one year, females who will score high in psychological distress scale. Exclusion criteria: Male school teachers, who will be unwilling to participate in the CBT intervention, females who will score low in psychological distress scale.

Intervention groups

Participants in the Experimental group will receive 8 sessions of culturally adapted Cognitive behavioral therapy. Each session will be comprised on 120 minutes once in a week. However Control group will be kept passive and will not receive any treatment during experiment.

Main outcome variables

Level of psychological distress.

General information

Reason for update

Acronym

CBT

IRCT registration information

IRCT registration number: **IRCT20231030059904N1**

Registration date: **2025-01-04, 1403/10/15**

Registration timing: **retrospective**

Last update: **2025-01-04, 1403/10/15**

Update count: **0**

Registration date

2025-01-04, 1403/10/15

Registrant information

Name

Bisma Akhlaq

Name of organization / entity

Islamia University Bahawalpur

Country

Pakistan

Phone

+92 606 420130

Email address

s22bapsy4m01003@iub.edu.pk

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2024-02-01, 1402/11/12

Expected recruitment end date

2024-06-30, 1403/04/10

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Managing Psychological Distress to Improve the Quality of Life, Self-Efficacy and Emotional Intelligence of School Teachers by Using Cognitive Behavioral Therapy

Public title

Effect of Psychological Distress on Quality of Life, Self-Efficacy and Emotional Intelligence of School Teachers by Using Cognitive Behavioral Therapy

Purpose

Treatment

Inclusion/Exclusion criteria**Inclusion criteria:**

Female school teachers from government and private sector having at least one year experience Female school teachers with same traits as age, marital status, experience Female who will score more on psychological distress scale Agree to participate in Cognitive behavioral therapy intervention

Exclusion criteria:

Male schools teachers Female teachers with less than one year of experience Those who score low on psychological distress scale

Age

From **20 years** old

Gender

Female

Phase

2

Groups that have been masked

No information

Sample size

Target sample size: **176**

Randomization (investigator's opinion)

Randomized

Randomization description

Simple random sampling by including the government and private female school teachers from urban and rural areas of Layyah district equally. There are three tehsils in this district and data will be collected from each of them by using this sampling technique.

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**

Institutional Human Ethics Committee (IHEC)

Street address

Islamia University Bahawalpur

City

Bhawalpur

Postal code

63100

Approval date

2023-09-07, 1402/06/16

Ethics committee reference number

1714030444

Health conditions studied

1

Description of health condition studied

Psychological distress

ICD-10 code**ICD-10 code description****Primary outcomes**

1

Description

level of psychological distress

Timepoint

Before the intervention, immediately after the intervention and 6 weeks after the intervention

Method of measurement

The Kessler Psychological Distress Scale (K10) will be used to measure psychological distress. Quality of life by using the WHOQOL-BREF instrument. Self-efficacy will be measured by using Teacher Self-Efficacy Scale (TSES), developed by Schwarzer et al. (1999) and emotional intelligence will be measured by using Brief Emotional Intelligence Scale (BEIS-10).

Secondary outcomes

1

Description

To assess the impact of psychological distress on quality of life, self-efficacy and emotional intelligence of school teachers

Timepoint

Before the intervention, immediately after the intervention and 6 weeks after the intervention

Method of measurement

Psychological distrtess scale

Intervention groups

1

Description

Intervention Group: This group will receive Culturally Adopted Cognitive Behavioral Therapy to decrease their

psychological distress and to improve quality of life, self-efficacy and emotional intelligence of school teachers. Culturally adopted cognitive behavior therapy is a dialogue written exercises based therapy that is comprised on eight sessions . All subjects of experimental group will receive one session in a week that will be comprised of 120 minutes. After completing eight sessions of psycho therapy, post assessment will be conducted to assess the effectiveness.

Category

Other

2**Description**

Control group: This group will be kept passive and will not receive any treatment during experiment. Follow up will be taken of both groups after two months of post assessment.

Category

Other

Recruitment centers**1****Recruitment center****Name of recruitment center**

Government and private schools

Full name of responsible person

Bisma Akhlaq

Street address

Layyah district

City

Layyah

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0606

Phone

+92 331 6844483

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bismakhlaq@gmail.com

Sponsors / Funding sources**1****Sponsor****Name of organization / entity**

Islamia university Bahawalpur

Full name of responsible person

Aqeel Ahmad

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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

Islamia university Bahawalpur

Proportion provided by this source

30

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**

Islamia University Bahawalpur

Full name of responsible person

Bisma Akhlaq

Position

PhD Scholar

Latest degree

Ph.D.

Other areas of specialty/work

Psychology

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Person responsible for scientific inquiries**Contact****Name of organization / entity**

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Full name of responsible person

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Position

Professor

Latest degree

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Other areas of specialty/work

Psychology

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Person responsible for updating data**Contact****Name of organization / entity**

Islamia University Bhawalpur

Full name of responsible person

Bisma Akhlaq

Position

PhD Scholar

Latest degree

Ph.D.

Other areas of specialty/work

Psychology

Street address

Layyah

City

Bahawalpur

Province

Punjab

Postal code**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

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

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

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