Clinical Trial Protocol
Iranian Registry of Clinical Trials

22 Nov 2026

Screening and Management of Psychosocial Issues Due to Social Media Addiction Among University Students by Using Cognitive Behavior Therapy

Protocol summary

Study aim

To screen out the psychosocial issues due to social media addiction. To compare the level of psychosocial issues among male and female students. To screen out the severity level of social media addiction.

Design

This research study will be conducted in two phases: phase-I (screening and identification of psychosocial issues due to social media addiction), and phase-II (management of psychosocial issues due to social media addiction by using CBT). In this study 30, 30 students will be recruited for both groups with psychosocial issues. In phase-II, there will be two groups, experimental group (receive the treatment) and control group (will not receive the treatment) age between 18-25 years. For pre-test and post-test, researcher will use cross sectional research design for baseline assessment and evaluation, and at the time of management of psychosocial issues, there will be experimental research design.

Settings and conduct

Following settings and conduct will be follow in this study: It is not blinded study, Informed consent, Privacy/ confidentiality, Voluntary participation, Right to withdraw, Potential to harm, Anonymity, and Results communication.

Participants/Inclusion and exclusion criteria

Inclusion criteria: University students aged 18-25 (Years) Male, Female students Provide informed consent Exclusion criteria: More than 25 years age and less than 18 years age Do not provide informed consent Students with severe mental health disorder Student who are currently receiving psychological treatment

Intervention groups

There will two intervention groups, experimental group (receive the treatment) and control group (will not receive the treatment) with psychosocial issues.

Main outcome variables

Main outcome variables are: Reduction of Psychosocial issues like Depression, anxiety, stress, cyberbullying, loneliness, social comparison.

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20241030063547N1**
Registration date: **2025-03-09, 1403/12/19**
Registration timing: **registered_while_recruiting**

Last update: **2025-03-09, 1403/12/19**
Update count: **0**

Registration date

2025-03-09, 1403/12/19

Registrant information

Name

Aamir Iqbal

Name of organization / entity

Islamia University Bahawalpur

Country

Pakistan

Phone

+92 334 7722602

Email address

s22bapsy4m01010@iub.edu.pk

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2025-02-06, 1403/11/18

Expected recruitment end date

2025-04-30, 1404/02/10

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Screening and Management of Psychosocial Issues Due to Social Media Addiction Among University Students by Using Cognitive Behavior Therapy

Public title

CBT intervention for social media addicts

Purpose

Prevention

Inclusion/Exclusion criteria

Inclusion criteria:

University students Age-18-25 (Years) Male, Female students Who meet the criteria for social media addiction Who experience psychosocial issues Provide informed consent

Exclusion criteria:

More than 25 years age Less than 18 years age Less than substantial level of scoring Do not provide informed consent Students with severe mental health disorder Student who are currently receiving psychological treatment Who do not meet the criteria for social media addiction Who do not experience psychosocial issues

Age

From **18 years** old to **25 years** old

Gender

Both

Phase

1-2

Groups that have been masked

No information

Sample size

Target sample size: **60**

Randomization (investigator's opinion)

Randomized

Randomization description

This study will utilize a randomized controlled trial (RCT) design to evaluate the effectiveness of Cognitive Behavioral Therapy (CBT) in managing psychosocial issues due to social media addiction among university students. Participants who meet the inclusion criteria will be randomly assigned to either the Intervention Group (CBT therapy) or the Control Group (no intervention) by sealed envelops technique. Randomization will follow a 1:1 allocation ratio to ensure equal distribution of participants across groups. This randomization strategy ensures the study minimizes bias, and allows for valid comparisons between the intervention and control groups.

Blinding (investigator's opinion)

Not blinded

Blinding description

Placebo

Not used

Assignment

Crossover

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Bioethical research committee

Street address

IUB, Bahawalpur, Punjab, Pakistan

City

Bahawalpur

Postal code

63100

Approval date

2024-04-12, 1403/01/24

Ethics committee reference number

1421

Health conditions studied

1

Description of health condition studied

Psychosocial issues due to social media addiction

ICD-10 code

Z56.6

ICD-10 code description

Uncongenial work (Z56.6) Other Physical and Mental Strain Related to Work

Primary outcomes

1

Description

Reduction in severity of psychosocial issues, effectiveness of screening tools, Intervention efficacy, Efficacy of management plan

Timepoint

Before intervention, than after 4 weeks and than at the end of intervention

Method of measurement

Through screening tools of measurement

Secondary outcomes

1

Description

Prevalence of psychosocial issues due to social media addiction

Timepoint

Before and after the intervention

Method of measurement

Through screening tools of measurement

Intervention groups

1

Description
Intervention group: CBT intervention
Category
Prevention

2

Description
Control group: No treatment
Category
N/A

Recruitment centers

1

Recruitment center
Name of recruitment center
Islamia University Bahawalpur
Full name of responsible person
Aqeel Ahmad Khan
Street address
Department of applied psychology, Islamia University Bahawalpur
City
Bahawalpur
Postal code
63100
Phone
+92 300 6846464
Email
aqeelahmad@iub.edu.pk

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Islamia University Bahawalpur
Full name of responsible person
Aqeel Ahmad Khan
Street address
Islamia University Bahawalpur
City
Bahawalpur
Postal code
63100
Phone
+92 300 6846464
Email
aqeel.ahmad@iub.edu.pk
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
50
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
Aamir Iqbal
Position
PhD scholar
Latest degree
Master
Other areas of specialty/work
Psychology
Street address
IUB
City
Bahawalpur
Province
Punjab
Postal code
63100
Phone
+92 301 7722602
Email
s22bapsy4m01010@iub.edu.pk

Person responsible for scientific inquiries

Contact
Name of organization / entity
Islamia University Bahawalpur
Full name of responsible person
Aqeel Ahmad Khan
Position
Assistant Professor
Latest degree
Ph.D.
Other areas of specialty/work
Psychology
Street address
IUB
City
Bahawalpur
Province
Punjab
Postal code
63100
Phone

+92 300 6846464

Email

aqeel.ahmad@iub.edu.pk

Person responsible for updating data

Contact

Name of organization / entity

IUB

Full name of responsible person

Aamir Iqbal

Position

PhD Scolar

Latest degree

Master

Other areas of specialty/work

Psychology

Street address

IUB

City

Bahawalpur

Province

Punjab

Postal code

63100

Phone

+92 301 7722602

Email

s22bapsy4m01010@iub.edu.pk

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

Yes - There is 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

Yes - There is a plan to make this available

Clinical Study Report

Yes - There is 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

Title and more details about the data/document

Measuring tools

When the data will become available and for how long

After completion the intervention

To whom data/document is available

Both for academic and business purpose

Under which criteria data/document could be used

Related to the this research

From where data/document is obtainable

Email address

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

Simple by using email address

Comments