

Clinical Trial Protocol

Iranian Registry of Clinical Trials

28 Jun 2026

Compare the Effect of group cognitive behavioral hypnotherapy and group cognitive behavioral therapy on increasing self-esteem of adolescents

Protocol summary

Summary

This study aimed at investigating the effect of group cognitive behavioral hypnotherapy on increasing adolescents' self-esteem. Material and Methods: The research population (n= 250) of the current study is the adolescents living in a boarding school of Taibad city in 2012 academic year. using convenience sampling, Inclusion criteria the study included age between 14 and 18 years; basic education first, second and third high school; completed the informed consent form to participate in the treatment program by participants. Exclusion criteria the study included mental disorders - part necessitated treatment is urgent (eg epilepsy, conduct disorder) and severe physical disability which prevents the individual companies in the therapy sessions. The subjects were selected and asked to fill out copper smite self-esteem Inventory, and considering the cut-off point of 23, 30 adolescences with the lowest self-esteem were randomly assigned to two groups of control and experimental .The subjects of experimental group were taken part in 8 two hour long sessions of group cognitive behavioral hypnotherapy and group cognitive behavioral therapy while the ones of control group did not receive any training. At the end of this period, the subjects' self-esteem was measured again and compared with pre-test by Ancova test , using SPSS soft ware (version 19).

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2012122411860N1**
Registration date: **2013-04-18, 1392/01/29**
Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2013-04-18, 1392/01/29

Registrant information

Name

Morteza Badeleh

Name of organization / entity

Kharazmi University of Tehran

Country

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Email address

mbadeleh2004@gmail.com

Recruitment status

Recruitment complete

Funding source

Islamic Azad University Torbat-e-jam

Expected recruitment start date

2012-04-08, 1391/01/20

Expected recruitment end date

2012-04-18, 1391/01/30

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Compare the Effect of group cognitive behavioral hypnotherapy and group cognitive behavioral therapy on increasing self-esteem of adolescents

Public title

The Effect of cognitive behavioral hypnotherapy and cognitive behavioral therapy on increasing self-esteem

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria: age between 14 and 18 years; basic education first, second and third high school; completed the informed consent form to participate in the treatment program by participants. Exclusion criteria: mental disorders - part necessitated treatment is urgent (eg epilepsy, conduct disorder) and severe physical disability which prevents the individual companies in the therapy sessions.

Age

From **14 years** old to **18 years** old

Gender

Male

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **30**

Randomization (investigator's opinion)

Randomized

Randomization description

Blinding (investigator's opinion)

Not blinded

Blinding description

Placebo

Not used

Assignment

Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Islamic Azad University, Torbat-e-Jam

Street address

Islamic Azad University, Torbat-e-Jam, Khorasan Razavi Province, Iran

City

Torbat-e-Jam

Postal code

Approval date

2012-03-14, 1390/12/24

Ethics committee reference number

11820701902004

Health conditions studied

1

Description of health condition studied

self-esteem

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description

Self-esteem

Timepoint

Before the intervention, after intervention

Method of measurement

Cooper smith self esteem scale

Secondary outcomes

empty

Intervention groups

1

Description

Cognitive behavioral hypnotherapy :The intervention group received cognitive behavioral hypnotherapy

Category

Treatment - Other

2

Description

Control :The group did not receive any treatment

Category

Treatment - Other

3

Description

Cognitive behavioral therapy :The intervention group received cognitive behavioral therapy

Category

Treatment - Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Meraj boarding school

Full name of responsible person

Morteza Badeleh

Street address

Khorasan Razavi - Education Department Taybad - Meraj boarding school

City

Taybad

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Islamic Azad University Research Council Torbat-e-Jam

Full name of responsible person

Mohammad Hossein Bayazi

Street address

Islamic Azad University, Torbat-e-Jam-Research Council -Department of clinical psychology

City

Torbat-e-Jam

Grant name**Grant code / Reference number****Is the source of funding the same sponsor organization/entity?**

Yes

Title of funding source

Islamic Azad University Research Council Torbat-e-Jam

Proportion provided by this source

100

Public or private sector

empty

Domestic or foreign origin

empty

Category of foreign source of funding

empty

Country of origin**Type of organization providing the funding**

empty

Person responsible for general inquiries

Contact**Name of organization / entity**

Islamic Azad University Torbat Jam

Full name of responsible person

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Position

MA clinical psychology

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Web page address

Sharing plan

Deidentified Individual Participant Data Set (IPD)

empty

Study Protocol

empty

Statistical Analysis Plan

empty

Informed Consent Form

empty

Clinical Study Report

empty

Analytic Code

empty

Data Dictionary

empty