

# 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

Iran (Islamic Republic of)

###### Phone

+98 51 1271 1286

###### 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**

Morteza badeleh

**Position**

MA clinical psychology

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### Person responsible for scientific inquiries

**Contact****Name of organization / entity**

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### Person responsible for updating data

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### 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*