

Clinical Trial Protocol

Iranian Registry of Clinical Trials

27 Jun 2026

Comparing the effect of behavior- cognition group instruction based on positive self-talking and body-relaxing and their combination on social phobia

Protocol summary

Summary

The aim of this study was to determine the effect of behavior -cognition group instruction based on the positive self-talking and body -relaxing and their combination on social phobia of nursing students. Inclusion and exclusion criteria: inclusion criteria to this study include; Nursing students with 22-18 years old who desired to take part in the plan, were eligible for social phobia criteria, attend the educational courses regularly and the exclusion criteria the study includes Nursing students who no desire for participating in the plan, nursing students not eligible for the criterion of the social phobia, didn't participate in the educational courses regularly. The study of population: statistical universe contains all of the nursing students who were studying in nursing and midwifery faculty of Islamic Azad university Najaf Abad branch in school year of 2012-2013 the characteristics of under survey departments. The sample size: all of the 48 cases with phobia disorder were screened using social phobia questionnaire and substituted as random and equal into three subjective groups and an evidence group (each group involving 12 persons). Intervention: Tool of study related to Social Phobia questionnaire were used. subjective groups including body-relaxing, positive self-talking and their combination went under the behavior -cognition instruction during 16 therapy sessions as two -one hour -sessions per week. While the evidence group didn't receive any intervention, Post -test and following (two months later) were done using the same tools. outcome: Finally, the student's social phobia were compared in groups.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2013050213204N1**
Registration date: **2013-05-29, 1392/03/08**
Registration timing: **registered_while_recruiting**

Last update:

Update count: **0**

Registration date

2013-05-29, 1392/03/08

Registrant information

Name

Maryam Moghimian

Name of organization / entity

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Country

Iran (Islamic Republic of)

Phone

+98 31 1260 2411

Email address

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Recruitment status

Recruitment complete

Funding source

Vice chancellor for research Islamic Azad University Najaf Abad Branch

Expected recruitment start date

2013-01-20, 1391/11/01

Expected recruitment end date

2013-06-20, 1392/03/30

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Comparing the effect of behavior- cognition group instruction based on positive self-talking and body-relaxing and their combination on social phobia

Public title

The effect of behavior- cognition group instruction based on positive self-talking and body-relaxing and their combination on social phobia

Purpose

Treatment

Inclusion/Exclusion criteria

inclusion criteria to this study include; Nursing students with 22-18 years old who desired to take part in the plan, were eligible for social phobia criteria, attend the educational courses regularly and the exclusion criteria the study includes Nursing students who no desire for participating in the plan, nursing students not eligible for the criterion of the social phobia, didn't participate in the educational courses regularly.

Age

From **18 years** old to **22 years** old

Gender

Female

Phase

2

Groups that have been masked

No information

Sample size

Target sample size: **48**

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

Ethics Committee of the Islamic Azad University
Najafabad Branch

Street address

Ethics Committee, Vice chancellor for research,
Islamic Azad University Najafabad Branch, Najafabad,
Esfahan

City

Esfahan

Postal code

Approval date

2013-02-19, 1391/12/01

Ethics committee reference number

1229

Health conditions studied

1

Description of health condition studied

Social Phobia

ICD-10 code

F40- F48

ICD-10 code description

Neurotic, stress-related and somatoform disorders

Primary outcomes

1

Description

Social Phobia

Timepoint

Intervention, Immediately After The Intervention, Two
Months After The Intervention

Method of measurement

Social Phobia Inventory

Secondary outcomes

1

Description

No

Timepoint

No

Method of measurement

No

Intervention groups

1

Description

Three experimental groups: Group Training of body-relaxing and positive self-talking and their combination during 16 therapy sessions as two - one hour - sessions per week

Category

Behavior

2

Description

The control group did not receive the lintervention

Category

Behavior

Recruitment centers

1

Recruitment center

Name of recruitment center

School of Nursing and Midwifery, Najafabad Branch,
Islamic Azad University

Full name of responsible person

Maryam Moghimian

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Web page address**Sponsors / Funding sources****1****Sponsor****Name of organization / entity**

Vice chancellor for research Islamic Azad University
Najaf Abad Branch

Full name of responsible person

Reza Ebrahimi

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Najafabad Branch, Najaf Abad, Esfahan

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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

Vice chancellor for research Islamic Azad University Najaf
Abad Branch

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**

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Fax**Email****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