

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

28 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

Islamic Azad University Najafabad Branch

###### Country

Iran (Islamic Republic of)

###### Phone

+98 31 1260 2411

###### Email address

m-moghimian@iaun.ac.ir

##### 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

**Street address**

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

**City**

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+98 31 1260 2411

**Fax****Email**

m-moghimian@iaun.ac.ir

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

Islamic Azad University Najafabad Branch

**Full name of responsible person**

Maryam Moghimian

**Position**

Msc

**Other areas of specialty/work****Street address**

N202, Ghadir 8, Eastern Hashtbehesht Av, Esfahan

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**Postal code****Phone**

+98 31 1260 2411

**Fax****Email**

m-moghimian@iaun.ac.ir

**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

**Street address**

Vice chancellor for research Islamic Azad University  
Najafabad Branch, Najaf Abad, Esfahan

**City**

Esfahan

**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**

Islamic Azad University Najafabad Branch

**Full name of responsible person**

Maryam Moghimian

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**Other areas of specialty/work****Street address**

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**Full name of responsible person**

Maryam Moghimian

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N202, Ghadir 8, Eastern Hashtbehesht Av, Esfahan

**City**

Esfahan

**Postal code****Phone**

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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*