

Clinical Trial Protocol

Iranian Registry of Clinical Trials

27 May 2026

The Effectiveness of Body Psychotherapy Techniques (BPT) on stress and salivary cortisol level in High School Students in Gorgan

Protocol summary

Summary

Body Psychotherapy Techniques (BPT) is a program that teaches people how to deal more effectively with stressors. In the present study, we evaluate the effectiveness of body psychotherapy treatment on stress and salivary cortisol level in high school girls students. Materials and Methods: This Randomized clinical trials study with pre- post tests will be performed on 20 female students as case group and 20 participants serving as controls (15-18 years) in Gorgan, Iran . To determine stress, Cohen Stress Scale are administered at two points of measurement (before educational sessions and at the end of therapy), also their salivary samples collected directly after awakening as well as 15, 30, and 45 min later (the day before and after treatment). BPT group-education is given to the experimental group in nine sessions during two months. Data analysis is performed using SPSS software and unpaired t-test.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2014053113776N2**

Registration date: **2014-06-14, 1393/03/24**

Registration timing: **registered_while_recruiting**

Last update:

Update count: **0**

Registration date

2014-06-14, 1393/03/24

Registrant information

Name

Hossein Amini

Name of organization / entity

Golestan University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 17 1442 1651

Email address

hamini@sbmu.ac.ir

Recruitment status

Recruitment complete

Funding source

Golstan Universty of Medical Sciences

Expected recruitment start date

2014-05-31, 1393/03/10

Expected recruitment end date

2014-07-07, 1393/04/16

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The Effectiveness of Body Psychotherapy Techniques (BPT) on stress and salivary cortisol level in High School Students in Gorgan

Public title

Body Psychotherapy Techniques (BPT) on stress

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion Criteria: Healthy, female, student, High stress

Exclusion: PMS syndrome, Menstural period

Age

From **15 years** old to **18 years** old

Gender

Female

Phase

2

Groups that have been masked

No information

Sample size

Target sample size: 40

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**

tarbiat Modarres Uiversity

Street address

Jalal Ale Ahmad, Nasr bridge

City

Tehran

Postal code

5331-1411

Approval date

2014-05-26, 1393/03/05

Ethics committee reference number

d52/1554

Health conditions studied**1****Description of health condition studied**

Stress

ICD-10 code

F41.1

ICD-10 code description

Generalized anxiety disorder

Primary outcomes**1****Description**

Stress

Timepoint

9 weeks

Method of measurement

Questionnaire

2**Description**

Salivary cortisol

Timepoint

0, 15th, 30th and 45th minutes

Method of measurement

ELISA kit

Secondary outcomes

empty

Intervention groups**1****Description**

Treatment group will receive educational sessions after pre-test of Cohn stress scale. Salivary cortisol samples will be collected pre and post educational sessions a brief description of sessions of body-psychotherapy is as follows: session1: empathy between therapist and clients, between clients, description of group rules by therapist, introduction to body-psychotherapy. Session2: introduction to body-psychotherapy, exploration of stressors and physiologic symptoms of stress in the body, providing information to increase awareness through body exercises, giving homework such as writing daily experience of body responses in stressful conditions. Session3: discussion about personal experience of group members, training breath practice to overcome stress and concentration on body, teaching how a person can communicate with ignored parts of body, giving homework. Session 4: performing breath practice, relaxation of stressful body organs, providing information regarding defense, avoidance, blocks and trauma on stress level, Training of radix and bioenergetics techniques, giving homework. Session5: exploration of blocks, avoidances, defenses and traumas by group members, evaluation of body emotions and their relations to avoidances, blocks, traumas, giving homework. Session 6: description of boundary between self and others, ability to feel yourself and others, teaching shiron and embodied relational therapy, giving homework. Session7: providing information regarding integrity of body and psyche, description of conscious control, teaching somatic and emotional therapy techniques, giving homework. Session 8: mindfulness regarding body sensations, emotions and memories, teaching Hakomi technique, giving homework. Session9: review of previous sessions, summary of sessions, performing post-test of Cohn stress scale and asking for collecting salivary cortisol in the next morning.

Category

Behavior

2**Description**

For control group, we perform Cohn stress scale test as treatment group. Moreover, salivary cortisol will be collected at the same time schedule. Control group will not receive educational sessions.

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center

Forough Danesh High school

Full name of responsible person

Street address

City

Gorgan

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Golestan university of medical Sciences

Full name of responsible person

Dr. Hossein Amini

Street address

Km 2 Sari Road, Shast Kola Road

City

Gorgan

Grant name

Grant code / Reference number

Is the source of funding the same sponsor organization/entity?

Yes

Title of funding source

Golestan university of medical Sciences

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

Tarbiat Modarress University

Full name of responsible person

Dr. Mohammad Javan

Position

Full Professor

Other areas of specialty/work

Street address

Jalal Ale Ahmad Nasr Bridge

City

Tehran

Postal code

Phone

+98 21 4483 0725

Fax

Email

mjavan@modares.ac.ir

Web page address

Person responsible for scientific inquiries

Contact

Name of organization / entity

Golstan Universty of Medical Sciences

Full name of responsible person

Dr. Hossein Amini

Position

PhD

Other areas of specialty/work

Street address

Shast Kola, Km 2 Sari

City

Gorgan

Postal code

Phone

+98 17 1552 5972

Fax

Email

haminhplc@yahoo.com

Web page address

Person responsible for updating data

Contact

Name of organization / entity

Golestan university of Medical Sciences

Full name of responsible person

Hossein Amini

Position

PhD, Scientific member of faculty of Medicine

Other areas of specialty/work

Street address

Hyrkan, Main Campus of Golestan University

City

Gorgan

Postal code

Phone

+98 17 1442 1289

Fax

Email

haminhplc@yahoo.com

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