

Clinical Trial Protocol

Iranian Registry of Clinical Trials

16 Sep 2026

Effectiveness cognitive behavior therapy based on Coping Cat in reducing anxiety, depression and behavioral symptoms in children with anxiety disorders ranged from 8 to 10 year-old

Protocol summary

Summary

Objective: The current research intended to investigate the effectiveness of cognitive behavior therapy based on Coping Cat in reducing anxiety, depression, attention deficit/hyperactivity, somatic, oppositional defiant, conduct symptoms in children with generalized anxiety disorder, separation anxiety disorder and social anxiety disorder ranged from 8 to 10 year-old. **Design:** the general plan of this study was experimental pre-test and post-test with control group and follow-up periods. **Inclusion criterion:** Having diagnostic criteria for anxiety disorders; eight to 10 year-old children. **Exclusion criteria:** Having any kind of psychosis disorder; having pervasive developmental disorder; giving another psychological treatment prior to or simultaneous with treatment. **Setting and conduct:** First, participants were selected and they were randomly assigned to research groups. Then, the instruments which were used in the research were completed by participants in three steps of before treatment, at the end of treatment, and after a follow-up period. At the end, the desired treatment carried out individually to each research participant. **Participants:** The sample of the present research included 20 children between 8 to 10 year-old who were referred from Rozbeh Hospital with the diagnosis of anxiety in generalized anxiety disorder, separation anxiety disorder and social anxiety disorder. **Intervention:** Cognitive behavioral therapy based on Coping Cat was implemented in 16 sessions for experimental group and the waiting list control group did not receive any treatment. **Results:** Cognitive behavioral therapy based on Coping Cat was effective in reducing anxiety, depression, attention deficit/ hyperactivity, somatic, oppositional defiant, conduct symptoms in 8 to 10 year-old

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2013090414565N1**

Registration date: **2014-05-24, 1393/03/03**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2014-05-24, 1393/03/03

Registrant information

Name

Firouzeh Zarghami

Name of organization / entity

Shahed University

Country

Iran (Islamic Republic of)

Phone

+98 21 6602 1735

Email address

firouzeh_zarghami@yahoo.com

Recruitment status

Recruitment complete

Funding source

Shahed University

Expected recruitment start date

2012-05-21, 1391/03/01

Expected recruitment end date

2012-07-25, 1391/05/04

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title
Effectiveness cognitive behavior therapy based on Coping Cat in reducing anxiety, depression and behavioral symptoms in children with anxiety disorders ranged from 8 to 10 year-old

Public title
Effectiveness cognitive behavior therapy based on Coping Cat in reducing symptoms in children with anxiety disorders ranged from 8 to 10 year-old

Purpose
Treatment

Inclusion/Exclusion criteria
Inclusion criterion: Having diagnostic criteria for anxiety disorders; eight to 10 year-old children; patient' parent consent for participate in research; the availability of the patient during treatment and follow-up period; stable on the same dose if use psychotropic medications. Exclusion criteria: Having any kind of psychosis disorder; having pervasive developmental disorder; giving another psychological treatment such as cognitive behavior therapy and behavior therapy prior to or simultaneous with treatment.

Age
From **8 years** old to **10 years** old

Gender
Both

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **20**

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 Shahed University

Street address
Shahed University, Tehran- Gom freeway, Opposite Holy Shrine of Imam Komeini, Tehran, Iran

City

Tehran
Postal code
00983319118651
Approval date
2012-05-14, 1391/02/25
Ethics committee reference number
130/25347

Health conditions studied

1

Description of health condition studied

Generalized anxiety disorder of childhood

ICD-10 code

F93.8

ICD-10 code description

Overanxious disorder

2

Description of health condition studied

Social anxiety disorder of childhood

ICD-10 code

F93.2

ICD-10 code description

Social anxiety disorder of childhood

3

Description of health condition studied

Separation anxiety disorder of childhood

ICD-10 code

F93.0

ICD-10 code description

Separation anxiety disorder of childhood

Primary outcomes

1

Description

Attention deficit/hyperactivity symptoms

Timepoint

Before treatment, at the end of treatment, and after a 1/5 and 3-month follow-up

Method of measurement

Child Behavior Checklist

2

Description

Anxiety symptoms

Timepoint

Before treatment, at the end of treatment, and after a 1/5 and 3-month follow-up

Method of measurement

Child Behavior Checklist

3

Description

Depression symptoms

Timepoint

Before treatment, at the end of treatment, and after a 1/5 and 3-month follow-up

Method of measurement

Child Behavior Checklist

4

Description

Oppositional defiant symptoms

Timepoint

Before treatment, at the end of treatment, and after a 1/5 and 3-month follow-up

Method of measurement

Child Behavior Checklist

5

Description

Somatic symptoms

Timepoint

Before treatment, at the end of treatment, and after a 1/5 and 3-month follow-up

Method of measurement

Child Behavior Checklist

6

Description

Conduct symptoms

Timepoint

Before treatment, at the end of treatment, and after a 1/5 and 3-month follow-up

Method of measurement

Child Behavior Checklist

Secondary outcomes

empty

Intervention groups

1

Description

Intervention was 16 sessions (each session is 45 minutes in a week) of cognitive behavior therapy based on Coping Cat schedule. The Coping Cat program is a cognitive-behavioral intervention that helps children recognize and analyze anxious feelings and develop strategies to cope with anxiety-provoking situations. The program focuses on four related components: (1) recognizing anxious feelings and physical reactions to anxiety; (2) clarifying feelings in anxiety-provoking situations; (3) developing a coping plan; and (4) evaluating performance and administering self-reinforcement.

Category

Behavior

2

Description

The control group received no intervention and was placed on a waiting list for treatment.

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center

Roozbeh Hospital

Full name of responsible person

Zahra Shahrivar

Street address

Roozbeh Hospital, South Kargar Avenue, Tehran, Iran

City

Tehran

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Shahed University

Full name of responsible person

Dr.kiasalari

Street address

Shahed University, Tehran- Gom freeway, Opposite Holy Shrine of Imam Komeini, Tehran, Iran

City

Tehran

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Shahed University

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

Shahed University

Full name of responsible person

Firouzeh Zarghami

Position

M.S in Clinical Psychology

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

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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