

Clinical Trial Protocol

Iranian Registry of Clinical Trials

25 Jul 2026

The Effect of group hypnotherapy on anxiety in women with Generalized Anxiety Disorder

Protocol summary

Summary

The purpose of this study was to evaluate the efficacy of group hypnotherapy in reducing anxiety in women with generalized anxiety disorder. The method was a pre-test – post-test with control group. The population included women with general anxiety disorder that referred to psychiatric clinics of Imam Khomeini Hospital in Sari. They were randomly divided in two groups (17 control) and (17 Experimental) group. The experimental group received 6 sessions of group hypnotherapy and the control group received 6 sessions imagery without any emphasis on relaxation and suggestion. For assessment of anxiety Spielberger State-Trait Anxiety and The Penn State Worry Questionnaire (PSWQ) was used. All calculations were done by SPSS18. Inclusion criteria:1- Diagnostic criteria for generalized anxiety disorder according to DSM-5; 2- Lack of debilitating diseases (Liver and kidney failure);3-Lack of self-harm and suicidal thoughts;4- The absence of acute psychosis and aggressive behavior;5- No history of seizures; Exclusion criteria1- During the study the volunteers can be excluded whenever they want;2- In case of having suicidal and homicidal thoughts;

General information

Acronym

The effect of hypnotherapy on Generalized Anxiety Disorder

IRCT registration information

IRCT registration number: **IRCT2016062114928N4**
Registration date: **2016-08-21, 1395/05/31**
Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2016-08-21, 1395/05/31

Registrant information

Name

Mehdi Pourasghar

Name of organization / entity

Mazandaran University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 11 3327 3024

Email address

m.pourasghar@mazums.ac.ir

Recruitment status

Recruitment complete

Funding source

Resaercher

Expected recruitment start date

2014-12-31, 1393/10/10

Expected recruitment end date

2016-01-30, 1394/11/10

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The Effect of group hypnotherapy on anxiety in women with Generalized Anxiety Disorder

Public title

The Effect of group hypnotherapy on anxiety in women with Generalized Anxiety Disorder

Purpose

Treatment

Inclusion/Exclusion criteria

. Inclusion criteria - Diagnostic criteria for generalized anxiety disorder according to DSM-V; - Lack of debilitating diseases (Liver and kidney failure); - Lack of self-harm and suicidal thoughts; - The absence of acute

psychosis and aggressive behavior; - No history of seizures; Exclusion criteria - During the study the volunteers can be excluded whenever they want; - In case of having suicidal and homicidal thoughts;

Age

From **20 years** old to **50 years** old

Gender

Female

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **34**

Randomization (investigator's opinion)

Randomized

Randomization description

Blinding (investigator's opinion)

Not blinded

Blinding description

Placebo

Not used

Assignment

Parallel

Other design features

poket

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethics committee of Sari Azad University

Street address

7 km SeaRoad,

City

Sari

Postal code

Approval date

2010-09-23, 1389/07/01

Ethics committee reference number

105145

Health conditions studied

1

Description of health condition studied

General Anxiety Disorder

ICD-10 code

F41.1

ICD-10 code description

Anxiety that is generalized and persistent but not restricted to, or even strongly predominating in, any particular environmental circumstances

Primary outcomes

1

Description

Anxiety

Timepoint

Before intervention in the first session and after the last intervention at an interval of one month and a half in the last session

Method of measurement

Spielberger State-Trait Anxiety

2

Description

State Anxiety

Timepoint

Before intervention in the first session and after the last intervention at an interval of one month and a half in the last session

Method of measurement

Spielberger State-Trait Anxiety

3

Description

Trait Anxiety

Timepoint

Before intervention in the first session and after the last intervention at an interval of one month and a half in the last session

Method of measurement

Spielberger State-Trait Anxiety

4

Description

worry

Timepoint

Before intervention in the first session and after the last intervention at an interval of one month and a half in the last session

Method of measurement

Penn State Worry Questionnair (PSWQ)

Secondary outcomes

empty

Intervention groups

1

Description

The experimental group received six sessions of hypnosis.

Category

Treatment - Other

2

Description

the control group 6 meeting imagery without any emphasis on relaxation and suggestion, received.

Category

Placebo

Recruitment centers

1

Recruitment center

Name of recruitment center

Imam Khomeini Hospital- Sari, Iran

Full name of responsible person

Mehdi Pourasghar

Street address

Amirmazandarani St- Sari, Mazandaran

City

Sari

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

researcher

Full name of responsible person

Mehdi Pourasghar

Street address

Zare Hospital, Psychiatry and Behavioral Sciences
Research Center, Addiction Institute, Mazandaran
University of Medical Sciences

City

Sari

Grant name

Grant code / Reference number

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

Yes

Title of funding source

researcher

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

Mazandaran University of Medical Sciences

Full name of responsible person

Mehdi Pourasghar@yahoo.com

Position

Psychiatrist

Other areas of specialty/work

Street address

Psychiatry and Behavioral Science Research Center-
Addiction Institute

City

Sari

Postal code

4843185774

Phone

+98 11 3327 3024

Fax

+98 33285109

Email

me_pourasghar@yahoo.com

Web page address

Person responsible for scientific inquiries

Contact

Name of organization / entity

Mazandaran University of Medical Sciences

Full name of responsible person

Mehdi Pourasghar@yahoo.com

Position

Psychiatrist

Other areas of specialty/work

Street address

Psychiatry and Behavioral Research Center- Addiction
Institute, Zare Hospital

City

Sari

Postal code

4843185774

Phone

+98 11 3327 3024

Fax

+98 33285109

Email

me_pourasghar@yahoo.com

Web page address

Person responsible for updating data

Contact

Name of organization / entity

Mazandaran University of Medical Sciences

Full name of responsible person

Susan Salari

Position

MA Clinical Psychology

Other areas of specialty/work

Street address

Psychiatry and Behavioral Science research Center,
Addiction Institute, Zare Hospital

City

Sari

Postal code

4843185774

Phone

+98 11 3327 3024

Fax

+98 33285109

Email

salarisusan@gmail.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