

Clinical Trial Protocol

Iranian Registry of Clinical Trials

23 Jul 2026

The effectiveness of family-based cognitive behavioral therapy in weight reduction and modification of self-image among children with obesity in comparison with control group.

Protocol summary

Summary

The purpose of this study was to investigate the effectiveness of family-based cognitive behavioral therapy on weight reduction and modification of self-image among children with obesity. A quasi-experimental design with pre test, post test and follow-up assessments along with control group was conducted. Thirty children with obesity and BMI $\geq$ 95th percentile and age range of 8-15 years old selected by convenience sampling from patients attending Amirkabir Hospital and Morsali Clinic in Arak. Participants were assigned to the experimental group (n = 15; under administration of family-based cognitive behavioral therapy in 6 group sessions once a week) and control group (n = 15). All participants completed the instruments of Body Parts Satisfaction Scale-Revised (BPSS-R) and Standard Figural Stimuli Scale in three phases of pre test, post test and follow-up and Body mass index (BMI) was measured for them.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2014010116029N1**
Registration date: **2014-03-09, 1392/12/18**
Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2014-03-09, 1392/12/18

Registrant information

Name

Esmat Bayat

Name of organization / entity

Faculty of Psychology and Educational Sciences,

Semnan University

Country

Iran (Islamic Republic of)

Phone

+98 939 452 9618

Email address

e.b_42ir@yahoo.com

Recruitment status

Recruitment complete

Funding source

This study was founded by personal financial sources.

Expected recruitment start date

2013-02-20, 1391/12/02

Expected recruitment end date

2013-05-10, 1392/02/20

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effectiveness of family-based cognitive behavioral therapy in weight reduction and modification of self-image among children with obesity in comparison with control group.

Public title

The effect of family-based cognitive-behavioral therapy in treating of childhood obesity.

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria: Informed consent, age range of 8-15 years old and BMI $\geq$ 95th percentile for age and gender.
Exclusion criteria: Underlying medical diseases and psychological disorders for obesity, use of medication

that might have an effect on weight loss, receiving any other treatment (including psychotherapy and medications) with the focus on reducing obesity.

Age

From **8 years** old to **15 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **30**

Randomization (investigator's opinion)

Not 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 Semnan University

Street address

Department of Psychology, Faculty of Psychology and Educational Sciences, Mahdi Shahr- Sari road, Mahdi Shahr, Semnan

City

Mahdi Shahr

Postal code

356411156

Approval date

2013-04-16, 1392/01/27

Ethics committee reference number

98/92/68

Health conditions studied

1

Description of health condition studied

obesity

ICD-10 code

E66

ICD-10 code description

Obesity

Primary outcomes

1

Description

BMI

Timepoint

Before the intervention, After the intervention, 2 months after the intervention

Method of measurement

weight in kilogram/height in meter squared

2

Description

Self - image

Timepoint

Before the intervention, After the intervention, 2 months after the intervention

Method of measurement

Body Parts Satisfaction Scale-Revised (BPSS-R), Standard Figural Stimuli Scale

Secondary outcomes

empty

Intervention groups

1

Description

Family based cognitive behavioral therapy: This treatment was based on Vos and et al (2011) model and was held in 6 group sessions for children, five sessions for parents and one conjoint session for parents and children.

Category

Lifestyle

2

Description

Control group: The control group had no treatment and were in waiting list

Category

Lifestyle

Recruitment centers

1

Recruitment center

Name of recruitment center

Amirkabir Hospital

Full name of responsible person

Dr Parsa Yousefi

Street address

Amirkabir Hospital, RahAhan st, Arak

City

Arak

2

Recruitment center

Name of recruitment center

Morsali Clinic

Full name of responsible person

Esmat Bayat

Street address

Morsali Clinic, QaemMaqam st, Arak

City

Arak

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Vice chancellor for research, Faculty of Psychology and Educational Sciences, Semnan University

Full name of responsible person

Dr.Rezaee

Street address

Department of Psychology, Faculty of Psychology and Educational Sciences, Mahdi Shahr- Sari road, Mahdi Shahr, Semnan

City

Mahdi Shahr

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, Faculty of Psychology and Educational Sciences, Semnan 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

Faculty of Psychology and Educational Sciences, Semnan University

Full name of responsible person

Esmat Bayat

Position

MSc Student in General Psychology

Other areas of specialty/work

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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