

Clinical Trial Protocol

Iranian Registry of Clinical Trials

15 Jul 2026

The effectiveness of Group Expressive Art Therapy on Decreasing Orphaned Children's Anxiety

Protocol summary

Summary

The purpose of this study is to examine effectiveness of group expressive art therapy on decreasing anxiety of orphaned children. Key inclusion criteria include minimum physical and psychological ability to participate in intervention sessions and Key exclusion criteria from the research are retardation or intellectual disability. The statistical population consists of all girls who are living in the Family-like Community Centers in Mashhad, which 24 of them will select by available sampling. Participants will randomly assign to either an experimental group or a control group. The experimental group will receive 10 group expressive art therapy- 90-minute's- sessions and the control group will not receive any treatment. pretest and post-test will take to assess the level of participants anxiety.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2014051117652N1**

Registration date: **2014-07-09, 1393/04/18**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2014-07-09, 1393/04/18

Registrant information

Name

Seyedeh Fatemeh Hosseini Largany

Name of organization / entity

Semnan University

Country

Iran (Islamic Republic of)

Phone

+98 21 8879 0082

Email address

hosseini_largani@semnan.ac.ir

Recruitment status

Recruitment complete

Funding source

Semnan University

Expected recruitment start date

2014-03-20, 1392/12/29

Expected recruitment end date

2014-03-20, 1392/12/29

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effectiveness of Group Expressive Art Therapy on Decreasing Orphaned Children's Anxiety

Public title

The Effectiveness of Art Therapy on Children's Anxiety

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria: minimum physical and psychological ability to participate in intervention sessions: aged between 10 and 13 years: not to use a prescribed or over-the-counter medication known to influence the central nervous system such as drugs for the treatment of depression or attention deficit disorders. Exclusion criteria: retardation or intellectual disability: vision and movement disorders reporting any anxiety or psychotic disorders which were diagnosed by psychiatrist .

Age

From **10 years** old to **13 years** old

Gender

Female

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: 26

Randomization (investigator's opinion)

Randomized

Randomization description**Blinding (investigator's opinion)**

Not blinded

Blinding description**Placebo**

Not used

Assignment

Other

Other design features**Secondary Ids**

empty

Ethics committees**1****Ethics committee****Name of ethics committee**

Iranian Research Institute for Information Science and Technology

Street address

No. 1090, Palestine 4way, Enghelab Ave

City

Tehran

Postal code

1315773314

Approval date

2014-09-21, 1393/06/30

Ethics committee reference number

2121552

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

Anxiety

ICD-10 code

F43.2

ICD-10 code description

Adjustment disorders

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

state anxiety

Timepoint

pre and post of intervention

Method of measurement

State Trait Anxiety Inventory (STAI) Form Y

2**Description**

trait anxiety

Timepoint

pre and post of intervention

Method of measurement

State Trait Anxiety Inventory (STAI) Form Y

Secondary outcomes

empty

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

Experimental group: The investigators will instruct the participants in the experimental group to choose one of five art-making activities, read the simple instructions to guide them in the expressive art-making activity, and begin their expressive art making. In addition, a very simple example will provide to aid the subjects in their expressive art making. The art-making activities and their instructions are as follows: _ Mandala Design: Choose a pre-designed mandala and use colored pencils, tempera paints, watercolors, crayons, or markers to complete the design. _ Painting Free Form: Choose one sheet of white paper and use that paper to create an image from your imagination using tempera or watercolor paints. Upon completion of the initial painting, you can add detailed design work with fine-tip permanent markers, crayons, colored pencils, and/or pastels. _ Collage Making: Take a white piece of paper and choose pre-cut images and text to design a collage. Use the scissors provided to further cut images before gluing them to the paper surface, or to cut additional images from the provided magazines. _ Clay: Choose a lump of clay and work it with your hands until it becomes warm and pliable. Then mold the clay into a pleasing form. A pinch pot with etched designs, coil pot, and small animal figurine are examples of clay forms. _ Drawing: Take a large piece of white paper and choose from the variety of still life objects. Arrange the objects you choose into a pleasing assembly and begin drafting the still life in pencil. When done with your drawing, you can use diluted sepia ink to paint in tonal values to help give the subject form and dimension.

Category

Other

2**Description**

Control group: There was no intervention.

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center

Khaneh Fereshtegan Center

Full name of responsible person

Maryam RamezanZade

Street address

No. 39, 1st alley, 9th Haft Tir Ave

City

Mashhad

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Semnan University

Full name of responsible person

Dr. Shahrokh Makvand Hosseini

Street address

Central Administration of Semnan University,
University Square

City

Semnan

Grant name

Grant code / Reference number

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

Yes

Title of funding source

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

Counseling and Psychological Services Center

Full name of responsible person

Seyedeh Fatemeh Hosseini Lrgany

Position

Technical Executive Manager/ PhD Student of Semnan University

Other areas of specialty/work

Street address

No. 182, Africa Boulevard

City

Tehran

Postal code

1917653111

Phone

+98 21 8879 0082

Fax

+98 21 8879 0082

Email

Hosseini_largani@yahoo.com

Web page address

www.viraclinic.com

Person responsible for scientific inquiries

Contact

Name of organization / entity

University of Social Welfare and Rehabilitation Sciences

Full name of responsible person

Dr. Shima Shakiba

Position

PhD

Other areas of specialty/work

Street address

Koodakyar Dead end, Daneshjoo Boulevard , Velenjak

City

Tehran

Postal code

19857138

Phone

+98 21 2218 0083

Fax

+98 21 2218 0109

Email

Shimashakibash@yahoo.com

Web page address

www.uswr.ac.ir

Person responsible for updating data

Contact

Name of organization / entity

Semnan University

Full name of responsible person

Syedeh Fatemeh Hosseini Largany

Position

PhD student in Psychology

Other areas of specialty/work

Street address

Central Administration of Semnan University,
University Square, Semnan

City

Semnan

Postal code

3513119111

Phone

+98 23 3362 4250

Fax

+98 23 3362 4249

Email

Hosseini_largani@semnan.ac.ir

Web page address

www.semnan.ac.ir

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