Clinical Trial Protocol
Iranian Registry of Clinical Trials

16 Sep 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

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Name of organization / entity

Semnan University

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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 precut 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

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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

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Seyedeh Fatemeh Hosseini Lrgany

Position
Technical Executive Manager/ PhD Student of Semnan University

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