

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

16 Sep 2026

### Moderating role of locus of control on the effectiveness of Cognitive - Behavior Therapy and Relaxation in 30 patients with generalized anxiety disorder

#### Protocol summary

##### Summary

Locus of control is one of the known personality variables, refers to judgment of causality or causation's embodied of events, necessary for the prognosis of psychotherapies. The aim of this study was to investigate the relationship between locus of control and therapeutic effect of cognitive-behavior therapy and relaxation, in patients with Generalized Anxiety Disorder. For this purpose, 30 patients who have been diagnosed with generalized anxiety disorder by clinical interview using DSM-IV-TR, using convenience sampling chose and assigned randomly into two groups, one experimental and one control group each contains 15 members. For one of the groups during twelve sessions (one hour a week) cognitive behavior therapy and for the other group eight sessions (one hour a week) relaxation training applied. At the start and the end of the process, they tested on the Rotter Locus of Control scale and Beck Anxiety inventory. Result analyzed according to the patient's locus of control using ANCOVA to determine the role of locus of control in the therapeutic effects.

#### General information

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT2014052517839N1**  
Registration date: **2014-08-15, 1393/05/24**  
Registration timing: **retrospective**

Last update:

Update count: **0**

##### Registration date

2014-08-15, 1393/05/24

##### Registrant information

Name

Hiwa Karimi

**Name of organization / entity**

Kurdistan University

**Country**

Iran (Islamic Republic of)

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**Recruitment status**

**Recruitment complete**

**Funding source**

Myself

**Expected recruitment start date**

2013-01-19, 1391/10/30

**Expected recruitment end date**

2013-04-19, 1392/01/30

**Actual recruitment start date**

empty

**Actual recruitment end date**

empty

**Trial completion date**

empty

**Scientific title**

Moderating role of locus of control on the effectiveness of Cognitive - Behavior Therapy and Relaxation in 30 patients with generalized anxiety disorder

**Public title**

Role of locus of control on the effectiveness of Cognitive - Behavior Therapy in patients with generalized anxiety disorder

**Purpose**

Treatment

**Inclusion/Exclusion criteria**

Inclusion criteria: Age between 18 and 45 years, minimum education 9th, and clinical diagnosis of

generalized anxiety disorder according to the DSM-IV-TR.  
Exclusion criteria included: Drug addiction, physical disease, and personality disorders.

## Age

From **18 years** old to **45 years** old

## Gender

Both

## Phase

N/A

## Groups that have been masked

*No information*

## Sample size

Target sample size: **30**

## Randomization (investigator's opinion)

Randomized

## Randomization description

## Blinding (investigator's opinion)

Not blinded

## Blinding description

## Placebo

Not used

## Assignment

Parallel

## Other design features

Method of randomization: After selecting 30 patients using convenience sampling, the first patient using coin assigned in cognitive - behavior group. Consequently, second patient assigned in the relaxation group, third in cognitive - behavior Group and so on ...

## Secondary Ids

empty

## Ethics committees

### 1

#### Ethics committee

##### Name of ethics committee

Ethics committee of Kurdistan University

##### Street address

Kurdistan University, Pasdaran Ave. Pasdaran Blvd.  
Sanandaj

##### City

Sanandaj

##### Postal code

6617715175

#### Approval date

2013-05-22, 1392/03/01

#### Ethics committee reference number

112/9518

## Health conditions studied

### 1

#### Description of health condition studied

Generalized 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 and immediately after intervention

#### Method of measurement

Beck anxiety inventory

### 2

#### Description

Locus of control

#### Timepoint

Before intervention and immediately after intervention

#### Method of measurement

Rotter locus of control scale

## Secondary outcomes

empty

## Intervention groups

### 1

#### Description

Cognitive - Behavior therapy applied during twelve sessions, one hour a week and based on Beck's cognitive therapy. At the end of each session, homework gave to patients and the beginning of the next session the performance and results discussed.

#### Category

Behavior

### 2

#### Description

Relaxation training applied during eight sessions, one hour a week based on Ost's applied relaxation. At the end of each session, homework gave to patients and the beginning of the next session the performance and results discussed.

#### Category

Behavior

## Recruitment centers

### 1

#### Recruitment center

##### Name of recruitment center

Marivan Welfare center

##### Full name of responsible person

Aram Ranginkaman

**Street address**

Behzisti Ave. Ebadat Blvd. Marivan Welfare center

**City**

Mariwan

**2****Recruitment center****Name of recruitment center**

Tolo Counseling Center

**Full name of responsible person**

Fatah Rezaie

**Street address**

Beside Maharat driving education center, Ebadat Blvd. Mariwan

**City**

Mariwan

**Sponsors / Funding sources****1****Sponsor****Name of organization / entity**

Vice chancellor for research, Kurdistan University

**Full name of responsible person**

Abdollah Salimi

**Street address**

Vice chancellor for research, Kurdistan University, Pasdaran Ave. Pasdaran Blvd. Sanandaj

**City**

Sanandaj

**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, Kurdistan 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**

Kurdistan University

**Full name of responsible person**

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**Position**

MSc. in clinical psychology

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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*