

Clinical Trial Protocol

Iranian Registry of Clinical Trials

03 Jul 2026

The applicability and efficacy of Transdiagnostic cognitive behavior therapy on reducing signs and symptoms of Borderline Personality Disorder with co-occurring emotional disorders

Protocol summary

Summary

The aim of this study, as an outcome/process research, is to examine the applicability and efficacy of Transdiagnostic Cognitive Behavior Therapy on reducing signs and symptoms of Iranian patients with BPD and co-occurring emotional disorders. Inclusion criteria are: a) age above 18, b) Borderline Personality disorder (BPD), and c) another emotional disorder as a comorbid disorder. Exclusion criteria are: a) presence of diagnostic criteria for psychotic disorder/bipolar disorder/ drug abuse or dependency in the time of research, b) risk of imminently suicidal attempt. By purposeful sampling method, six volunteer patients with Borderline Personality Disorder who met in/exclusion criteria, will participate in a multiple baseline experimental single case study. Participants are recruited from Clinical Psychology and Psychiatry Clinics of Taleghani Hospital and Counselling Center of Tehran University, Tehran, Iran. Each participant will complete the Borderline Personality Inventory (BPI), the Difficulties in Emotion Regulation Scale (DERS), the Positive and Negative Scale (PANAS), the Work and Social Adjustment Scale (WASA), the Affective Lability Scale (ALS), the Toronto Alexithymia Scale (TAS) during 3 baseline, 8 treatment modules and 1 follow up assessments sessions. The unified protocol will be carried out for 16-20 weekly 50 minute sessions. The expected conclusion is deduction of BPD and comorbid disorders symptoms and improvement of emotion regulation skills.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2015110524899N1**

Registration date: **2016-11-10, 1395/08/20**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2016-11-10, 1395/08/20

Registrant information

Name

Farzane Mohamadi

Name of organization / entity

Shahid Beheshti University of Medical Sciences (SBMU)

Country

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+98 93038129162

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Recruitment status

Recruitment complete

Funding source

This research is funded by Shahid Beheshti University of Medical Sciences (SBMU).

Expected recruitment start date

2015-09-23, 1394/07/01

Expected recruitment end date

2016-03-20, 1395/01/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The applicability and efficacy of Transdiagnostic cognitive behavior therapy on reducing signs and symptoms of Borderline Personality Disorder with co-occurring emotional disorders

Public title

Unified protocol for the transdiagnostic treatment of borderline personality disorder

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria are: a) age above 18, b) Borderline Personality disorder (BPD) based on psychiatric diagnostic interview by psychiatrist and SCID-II by clinical psychologist, and c) another emotional disorder as a comorbid disorder based on psychiatric diagnostic interview by psychiatrist and SCID-I by clinical psychologist. Exclusion criteria are: a) presence of diagnostic criteria for psychotic disorder/bipolar disorder/ drug abuse or dependency in the time of research, b) risk of imminently suicidal attempt.

Age

From **18 years** old to **50 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **6**

Randomization (investigator's opinion)

N/A

Randomization description

Blinding (investigator's opinion)

Not blinded

Blinding description

Placebo

Not used

Assignment

Single

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Shahid Beheshti University of Medical Sciences

Street address

Shahid Beheshti University of Medical Sciences

City

Tehran

Postal code

IR.SBMU.SM.REC.1394.

Approval date

2015-08-25, 1394/06/03

Ethics committee reference number

IR.SBMU.SM.REC.1394.26

Health conditions studied

1

Description of health condition studied

Borderline personality disorder

ICD-10 code

F60.3

ICD-10 code description

Emotionally unstable personality disorder

2

Description of health condition studied

Depression

ICD-10 code

F32.1

ICD-10 code description

Moderate depressive episode

3

Description of health condition studied

Anxiety

ICD-10 code

F41

ICD-10 code description

Other anxiety disorders

Primary outcomes

1

Description

Diagnostic Recovery

Timepoint

pre-post treatment

Method of measurement

SCHID-II

2

Description

Emotion Regulation

Timepoint

pre-post treatment & after each module

Method of measurement

Difficulties in Emotion Regulation Scale(DERS)

3

Description

Alexithymia

Timepoint

pre-post treatment

Method of measurement

Toronto Alexithymia Scale (TAS-20)

4

Description

General function

Timepoint

pre-post treatment

Method of measurement

Work and Social Adjustment Scale (WSAS)

5

Description

Depression

Timepoint

pre-post treatment & after each module

Method of measurement

Depression Anxiety Stress Scale -42

6

Description

Anxiety

Timepoint

pre-post treatment & after each module

Method of measurement

Depression Anxiety Stress Scale -42

7

Description

Affect Intensity

Timepoint

pre-post treatment

Method of measurement

Affect Intensity Measure (AIM)

8

Description

Affective Lability

Timepoint

pre-post treatment

Method of measurement

Affective Lability Scale (ALS)

Secondary outcomes

empty

Intervention groups

1

Description

Patients will participate in 16-20 weekly transdiagnostic cognitive behavior treatment sessions.

Category

Behavior

Recruitment centers

1

Recruitment center

Name of recruitment center

Clinical Psychology and Psychiatry Clinics of Taleghani Hospital

Full name of responsible person

Mrs. Mohammadi

Street address

Clinical Psychology Clinic, Taleghani Hospital, Evin Squ, Tehran, Iran.

City

Tehran

2

Recruitment center

Name of recruitment center

Counselling center of Tehran University

Full name of responsible person

Mrs. Issac

Street address

City

Tehran

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Deputy of Research of Medicine School of Shahid Beheshti University of Medical Sciences

Full name of responsible person

Mrs Khateri

Street address

Shahid Beheshti University of Medical Sciences, Daneshjoo Blvd, Velenjak, Tehran, Iran

City

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Grant name

Grant code / Reference number

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

Yes

Title of funding source

Deputy of Research of Medicine School of Shahid Beheshti University of Medical Sciences

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

Shahid Beheshti University of Medical Sciences

Full name of responsible person

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Position

Ph.D Candidate of Clinical Psychology

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Fax**Email****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