

Clinical Trial Protocol

Iranian Registry of Clinical Trials

28 Jun 2026

The effect of cognitive-behavioral group psychotherapy on social anxiety and test anxiety in 14_16 years of high school female students in Yasuj in 1394

Protocol summary

Summary

The aim of this study is to assess the effect of group therapy based on cognitive - behavioral therapy for social phobia and exam anxiety of female high school students (14-16year) Yasouj, and for randomized controlled trials. Inclusion criteria: age between 14-16 years; have Social Anxiety (more than 31); and exam anxiety (more than 13); consent; lack of mental disorders; studying at high schools in Yasouj Exclusion criteria: lack of cooperation; immigration; having Other physical or mental illness; history of prior familiarity with cognitive therapy; medication therapy is due to physical disability and psychotic disorders. The number of participants is 48 people who are divided in case and control groups. Group participants should participate in CBT for 90 minutes in one session per a week for 10 times. At the beginning of each session , the discussions of the previous session will be reviewed by the investigator and then cognitive approach will be discussed and then in the second session they will act based on the behavioral approaches. Sessions' protocols are based on Helen Kenerly's control and treatment training for anxiety disorders and Michael Frey's cognitive therapy. Questionnaires will be filled by the participants immediately and one month after intervention and then will be collected to analyze data.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2016021725448N1**

Registration date: **2016-02-17, 1394/11/28**

Registration timing: **registered_while_recruiting**

Last update:

Update count: **0**

Registration date

2016-02-17, 1394/11/28

Registrant information

Name

Fatemeh Sharifi

Name of organization / entity

Kohgiluyeh University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 71 4452 1628

Email address

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Recruitment status

Recruitment complete

Funding source

Yasuj University of Medical Sciences

Expected recruitment start date

2016-01-05, 1394/10/15

Expected recruitment end date

2016-04-16, 1395/01/28

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of cognitive-behavioral group psychotherapy on social anxiety and test anxiety in 14_16 years of high school female students in Yasuj in 1394

Public title

the effect of cognitive-behavioral group psychotherapy on social anxiety and test anxiety in students

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria: age between 14-16 years; have Social Anxiety (more than 31) and anxiety (more than 13); consent; lack of mental disorders; studying at high schools in Yasouj. Exclusion criteria: lack of cooperation from the participants immigrated; having other physical or mental illness; history of prior familiarity with cognitive therapy; drug treatments for other psychiatric or physical disability.

Age

From **14 days** old to **16 days** old

Gender

Female

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **48**

Randomization (investigator's opinion)

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

Kohgiluyeh University of Medical Sciences

Street address

Yasouj University of Medical Sciences, Motahari Blvd, sysakht road, Yasouj

City

Yasouj

Postal code

7591741417

Approval date

2015-12-12, 1394/09/21

Ethics committee reference number

ir.yums.rec.1394.100

Health conditions studied

1

Description of health condition studied

Social anxiety and exam anxiety

ICD-10 code

F40.1

ICD-10 code description

Social phobias

Primary outcomes

1

Description

Social anxiety

Timepoint

Before the intervention, immediately after the intervention and one month after the intervention

Method of measurement

Conover Social Phobia Inventory

2

Description

Exam anxiety

Timepoint

Before the intervention, immediately after the intervention and one month after the intervention

Method of measurement

Sarason Exam Anxiety Inventory

Secondary outcomes

empty

Intervention groups

1

Description

cognitive-behavioral group psychotherapy in ten 90 minutes weekly sessions for intervention group

Category

Behavior

2

Description

if the result of intervention was positive, then two 90 minutes cognitive behaviour group psychotherapy sessions for the control group

Category

Behavior

Recruitment centers

1

Recruitment center

Name of recruitment center

Girls' High Schools of Yasouje

Full name of responsible person

Fatemeh Sharifi

Street address

Yasouj University of Medical Sciences, Motahari Blvd,

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Kohgiluyeh University of Medical Sciences

Full name of responsible person

Naz Afarin Hosseini

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Yasouj University of Medical Sciences, Motahari Blvd,
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City

Yasouj

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Kohgiluyeh 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

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Full name of responsible person

Kheyrollah Noorian

Position

Nursing Phd/Faculty member

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