Clinical Trial Protocol
Iranian Registry of Clinical Trials

10 Jun 2026

The Efficacy of Cognitive Behavior Hypnotherapy for Body Dysmorphic Disorder

Protocol summary

Summary

This study examained the effect of cognitive behavioral hypnotherapy on body dysmorphic disorder and depression and disability of these patiants. This study utilized a single subject design wich include three baseline phase, treatment phase lasting fifteen session and follow up phase. The study society was the city of Sanandaj in spring 2015. Three patients with body dysmorphic disorder participated in this study by purposive available sampling. The Yale-Brown Obsessive Compulsive Scale modified for Body Dysmorphic Disorder (BDD-YBOCS), Millon Clinical Multiaxial Inventory-III (MCMI-III) and clinical interview were used as diagnostic tools. The BDD-YBOCS, beck depression inventory (DBI-II) and Sheehan Disability Scale (SDS), were used every week in baseline phase and twice a week in treetment condition at beginning of each session.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2016050425838N2**
Registration date: **2016-09-04, 1395/06/14**
Registration timing: **retrospective**

Last update:
Update count: **0**

Registration date

2016-09-04, 1395/06/14

Registrant information

Name

Morteza Abarin

Name of organization / entity

University of Kurdestan

Country

Iran (Islamic Republic of)

Phone

+98 17 3223 0046

Email address

m.abbarin@hum.uok.ac.ir

Recruitment status

Recruitment complete

Funding source

Vice chancellor for research University of Kurdestan

Expected recruitment start date

2015-04-04, 1394/01/15

Expected recruitment end date

2015-06-05, 1394/03/15

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The Efficacy of Cognitive Behavior Hypnotherapy for Body Dysmorphic Disorder

Public title

The Efficacy of Cognitive Behavior Hypnotherapy for Body Dysmorphic Disorder

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria: The age range between 18 and 48 years; BDD duration of at least 6 months; Read and write ability; Get score 21 or higher on BDD-YBOCS; Having a diagnosis of body dysmorphic disorder in the Diagnostic Interview Exclusion criteria: Having serious thoughts about suicide based on scores of suicide item of Beck Depression Inventory ;Having simultaneous psychotherapy; Having simultaneous pharmacotherapy for psychological disorders; Having cosmetic surgery during treatment

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: **3**

Randomization (investigator's opinion)
N/A

Randomization description

Blinding (investigator's opinion)
Not blinded

Blinding description

Placebo
Not used

Assignment
Single

Other design features
the study was single subject design

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee
Ethics committee of University of Kurdistan

Street address
Sanandaj, Pasdaran street

City
Sanandaj

Postal code

Approval date
2015-03-07, 1393/12/16

Ethics committee reference number
1179836

Health conditions studied

1

Description of health condition studied
boby dysmorphic disorder

ICD-10 code
F45.2

ICD-10 code description
The essential feature is a persistent preoccupation with the possibility of having one or more serious and progressive physical disorders. Patients manifest persistent somatic complaints or a persistent preoccupation with their physical appearance. Normal

Primary outcomes

1

Description
body dysmorphic disorder severity

Timepoint
three baseline spaced one week- every session during treatment- four month follow up

Method of measurement
Yale-Brown Obsessive Compulsive Scale modified for Body Dysmorphic Disorder

Secondary outcomes

1

Description
depression severity

Timepoint
three baseline spaced one week- every session during treatment (twice a week)- four month follow up

Method of measurement
beck depression inventory (DBI-II)

2

Description
disability severity

Timepoint
three baseline spaced one week- every session during treatment (twice a week)- four month follow up

Method of measurement
Sheehan Disability Scale

Intervention groups

1

Description
cognitive behavior hypnotherapy 15 ninety-minute sessions

Category
Treatment - Other

Recruitment centers

1

Recruitment center

Name of recruitment center
through announcements in Sanandaj

Full name of responsible person
morteza abbarin

Street address
gorgan- hesam street- hesam building- second floor

City
gorgan

Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Vice chancellor for research university of kurdestan
Full name of responsible person
madi zamestani
Street address
Pasdaran street, University of Kurdistan
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 university of kurdestan
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
University of Kurdistan
Full name of responsible person
mahdi zemestani
Position
Faculty of Psychology, University of Kurdistan
Other areas of specialty/work
Street address
Pasdaran street, University of Kurdistan
City
Sanandaj
Postal code
Phone
+98 87 3366 4600
Fax
Email
m.zemestan@gmail.com
Web page address

Person responsible for scientific inquiries

Contact
Name of organization / entity
university of kurdestan
Full name of responsible person
mahdi zemestani
Position
Assist. Prof
Other areas of specialty/work
Street address
Pasdaran street, University of Kurdistan
City
Sanandaj
Postal code
Phone
+98 87 3366 4600
Fax
Email
m.zemestan@gmail.com
Web page address

Person responsible for updating data

Contact
Name of organization / entity
Full name of responsible person
morteza abarin
Position
MA in Clinical Psychology- Principal investigator
Other areas of specialty/work
Street address
gargan- hesam street- ninth hesam alley- Samen residential complex- second floor
City
gorgan
Postal code
4916666667
Phone
+98 17 3223 0046
Fax
Email
morteza.abbarin@gmail.com
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