Clinical Trial Protocol
Iranian Registry of Clinical Trials

17 Sep 2026

The Efficacy and Effectiveness of Schema Therapy in the Treatment of Women's Generalized Anxiety Disorder

Protocol summary

Summary

Objectives: to examine the efficacy and effectiveness of schema therapy in treatment of women's Generalized Anxiety Disorder (GAD). Method: three women with GAD were selected by structured clinical interview for DSM-IV (SCID). Subjects were selected by Purposeful sampling and according to having therapeutic condition (Inclusion criteria: 1.not having a prior psychological intervention 2. having at least diploma 3. not having severe personality disorders. Exclusion criteria: 1.psychopharmachotherapy 2.psychosis). In this study we used multiple baseline design in a single case experimental study. Schema therapy was implemented twenty sessions (weekly) for these subjects. Subjects completed Penn State Worry Questionnaire (PSWQ), Worry Domain Questionnaire (WDQ) and Young Schema Questionnaire (YSO) at pre-treatment (baseline), Post-treatment and follow-up (three months after treatment).

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT138806282482N1**
Registration date: **2010-02-10, 1388/11/21**
Registration timing: **retrospective**

Last update:
Update count: **0**

Registration date

2010-02-10, 1388/11/21

Registrant information

Name
Hassan Hamidpour
Name of organization / entity
University of wellbeing science Rehabilitation
Country
Iran (Islamic Republic of)
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+98 21 6648 0366
Email address
counseling@ut.ac.ir

Recruitment status

Recruitment complete

Funding source

Personal funding sources (Hassan Hamidpour)

Expected recruitment start date

2008-08-31, 1387/06/10

Expected recruitment end date

2008-11-10, 1387/08/20

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The Efficacy and Effectiveness of Schema Therapy in the Treatment of Women's Generalized Anxiety Disorder

Public title

Cognitive therapy and generalized anxiety disorder

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria: 1.not having a prior psychological intervention 2. having at least diploma 3. not having severe personality disorders. Exclusion criteria: 1.psychopharmachotherapy 2.psychosis

Age

From **25 years** old to **34 years** old

Gender

Female

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

Secondary Ids

empty

Ethics committees

1

Ethics committee
Name of ethics committee
University of wellbeing science rehabilitation
Street address
Koodakiar St., Daneshjoh Blv., Evin
City
Tehran
Postal code
1985713834
Approval date
2008-08-28, 1387/06/07
Ethics committee reference number
103225/801/ت

Health conditions studied

1

Description of health condition studied
Generalized Anxiety Disorder
ICD-10 code
F41.1
ICD-10 code description
Generalized anxiety disorder

Primary outcomes

1

Description
worry & worry domains
Timepoint
weekly
Method of measurement
questionnaire

Secondary outcomes

1

Description
Schema
Timepoint
5 months
Method of measurement
questionnaire

Intervention groups

1

Description
Intervention group: Schema therapy
Category
empty

Recruitment centers

1

Recruitment center
Name of recruitment center
Tehran university counseling center & Amir Kabir counseling center
Full name of responsible person
Street address
City
Tehran

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
University of wellbeing science rehabilitation
Full name of responsible person
Dr. Rahgozar
Street address
Koodakiar St., Daneshjoh Blv., Evin
City
Tehran
Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
University of wellbeing science rehabilitation
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 wellbeing science rehabilitation
Full name of responsible person
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Position
MD(Phd student)
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Postal code
Phone
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