

Clinical Trial Protocol

Iranian Registry of Clinical Trials

19 Jun 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. psychopharmacotherapy 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)

Phone

+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. psychopharmacotherapy 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
Hassan Hamidpour
Position
MD(Phd student)
Other areas of specialty/work
Street address
Koodakiar St., Daneshjoh Blv., Evin
City
Tehran
Postal code
1985713834
Phone
+98 21 2218 0045
Fax
+98 21 2218 0045
Email
hassan.hamidpour91@gmail.com
Web page address

Person responsible for scientific inquiries

Contact

Name of organization / entity
University of wellbeing science rehabilitation
Full name of responsible person
Hassan Hamidpour
Position
MD(Phd student)
Other areas of specialty/work
Street address
Koodakiar St., Daneshjoh Blv., Evin
City

Tehran
Postal code
1985713834
Phone
+98 21 2218 0045
Fax
+98 21 6641 6130
Email
hassan.hamidpour91@gmail.com
Web page address

Person responsible for updating data

Contact

Name of organization / entity
Full name of responsible person
Hassan Hamidpour
Position
Other areas of specialty/work
Street address
City
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