

# 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**  
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## Person responsible for scientific inquiries

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## Person responsible for updating data

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**Other areas of specialty/work**  
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**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*