

Clinical Trial Protocol

Iranian Registry of Clinical Trials

17 Sep 2026

Effect of hypnotherapy on improving self-esteem, negative body image, depression, and anxiety in women referring to the health club

Protocol summary

Summary

The main purpose of the current study is to determine effectiveness of hypnotherapy on improving negative body image, self-esteem, depression and anxiety in women referring to the health club. A single-case experimental trial of multiple-baseline type is carried out on six females. Before the treatment sessions starts, special tools such as negative body image, Coppersmiths' Self-esteem, depression and anxiety questionnaires will be used. To determine the baseline in anxiety, depression and self-esteem, during a week, every day, participants evaluate by questionnaire, the mean scores for each person on the tests consider as a base rate line. The participants receive eight sessions of hypnosis therapy (once a week). First, it emphasizes, truthfully that while hypnosis is a very interesting experience; it is not really all that different from certain experiences that may be familiar from the ordinary course of everyday living. Furthermore, subjects are informed that while they may have some unusual experiences while they are hypnotized, they will always remain in contact with reality and in control with what is going on. Participants sign a statement of informed consent informing them of their freedom to withdraw at any time. Participants select through convenience sampling method. To prevent bias, screening and evaluation of participants during the course of treatment is done by a different person with relevant education. The inclusion criteria are required the negative body image, required the mild or moderate self-esteem, Having exercise at least six months prior to the study, the exclusion criteria are the depression episode is attributable to the physiological effect, receiving psychiatric treatment or psychotherapy (patients should not receive psychological treatment or medication at least six months before research).

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2016062528633N1**

Registration date: **2016-07-07, 1395/04/17**

Registration timing: **prospective**

Last update:

Update count: **0**

Registration date

2016-07-07, 1395/04/17

Registrant information

Name

Mahtab Sadeghi

Name of organization / entity

Kermanshah University Of Medical Science

Country

Iran (Islamic Republic of)

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Email address

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Recruitment status

Recruitment complete

Funding source

Research Council of Kermanshah University of Medical Sciences

Expected recruitment start date

2016-07-22, 1395/05/01

Expected recruitment end date

2016-09-22, 1395/07/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effect of hypnotherapy on improving self-esteem, negative body image, depression, and anxiety in women referring to the health club

Public title

Effect of hypnotherapy on improving self-esteem, negative body image, depression, and anxiety in women referring to the health club

Purpose

Prevention

Inclusion/Exclusion criteria

The inclusion criteria: required the negative body image score in the BSQ-34, required the mild or moderate self-esteem (less than 26) in the Coopersmith Self-esteem Inventory, required the depression score in the BDI-II between 14 and 28 (mild and moderate depression), diagnosed depressive disorder based on the Diagnostic Interview (SCID-I), required the anxiety score in the BAI between 8 and 25 (mild and moderate anxiety) and diagnosed anxiety disorder based on the Diagnostic Interview (SCID-I), Having exercise at least six months prior to the study, Willingness to participate in study (by signing the informed consent). The exclusion criteria: Having other disorders in the axis I (other than depression and anxiety), the depression episode is attributable to the physiological effects, psychotic symptoms such as hallucinations and delusions, suicidal thought or severe depression, receiving psychiatric treatment or psychotherapy (patients should not receive psychological treatment or medication at least six months before research).

Age

From **18 years** old to **50 years** old

Gender

Female

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **6**

Randomization (investigator's opinion)

N/A

Randomization description

Blinding (investigator's opinion)

Single blinded

Blinding description

Placebo

Not used

Assignment

Single

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Kermanshah University Of Medical Science

Street address

School of Medicine, Department of clinical psychology, Shahid Shiroudi

City

kermanshah

Postal code

Approval date

2016-04-27, 1395/02/08

Ethics committee reference number

KUMS.REC.1395.50

Health conditions studied

1

Description of health condition studied

depression

ICD-10 code

F32.1

ICD-10 code description

Moderate depressive episode

2

Description of health condition studied

anxiety

ICD-10 code

F41

ICD-10 code description

Other anxiety disorders

3

Description of health condition studied

low self-esteem

ICD-10 code

Z61.3

ICD-10 code description

Events resulting in loss of self-esteem in childhood

4

Description of health condition studied

negative body image

ICD-10 code

F45.2

ICD-10 code description

Hypochondriacal disorder

Primary outcomes

1

Description

negative body image

Timepoint

2,4,6,8 weeks after base rate

Method of measurement

BSQ-34

2

Description

Depression

Timepoint

2,4,6,8 weeks after base rate

Method of measurement

Beck Depression Inventory (BDI-II)

3

Description

anxiety

Timepoint

2,4,6,8 weeks after base rate

Method of measurement

Beck anxiety inventory

4

Description

Self-esteem

Timepoint

2,4,6,8 weeks after base rate

Method of measurement

Coopersmith Self-esteem questionnaire

Secondary outcomes

empty

Intervention groups

1

Description

eight sessions of hypnosis therapy (once a week)

Category

Behavior

Recruitment centers

1

Recruitment center

Name of recruitment center

Nobahar health club

Full name of responsible person

Ali MAzaheri

Street address

Nobahar Street, Shadi behshti "Blvd ", kermanshah

City

Kermanshah

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Research Council of Kermanshah University of

Medical Sciences

Full name of responsible person

Behrooz Hamzeh

Street address

Research and technology deputy, Building "No."2,
Shahid Beheshti "Blvd."

City

Research and technology deputy, Building

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Research Council of Kermanshah 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

Kemanshah University of Medical Sciences

Full name of responsible person

Khierollah Sadeghi

Position

Assistant professor

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

Person responsible for updating data

Contact

Name of organization / entity

Kermanshah University Of Medical Science

Full name of responsible person

Mahtab Sadeghi

Position

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