Clinical Trial Protocol
Iranian Registry of Clinical Trials

16 Sep 2026

The Effectiveness of Group Schema Therapy on Behavioral Activation/ Inhibition Systems and Cognitive Emotion Regulation in Female Students with Anxiety Symptoms

Protocol summary

Study aim

To determine the effectiveness of group schema therapy on behavioral activation/ inhibition systems and cognitive emotion regulation in female students with anxiety symptoms.

Design

This study is a experimental with pre-test/post-test and a control group. The sample of consisted of 30 guidance school students with anxiety symptoms in Rasht city that Individuals are randomly assigned to one of the two experimental and control groups based on table of random numbers.

Settings and conduct

This research will take place at the middle school.

Participants/Inclusion and exclusion criteria

Inclusion criteria: 1.Scores above 16 based on Beck Anxiety Inventory (1990). 2. Diagnosed anxiety disorder based on the diagnostic Interview. 3.The age range of 13 to 15 years and educational level (seventh to ninth). 4.Prior to participation in this study, an informed consent was obtained from each participant's parents. Exclusion criteria: At the same time, receiving psychiatric treatment or psychotherapy.

Intervention groups

The experimental group will undergo group therapy with the Yang schema for 10 sessions, but the control group will not receive any treatment.

Main outcome variables

schema therapy can be used to cope with students' anxiety symptoms and improve cognitive emotional regulation.

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20171223037998N1**
Registration date: **2018-01-15, 1396/10/25**
Registration timing: **retrospective**

Last update: **2018-01-15, 1396/10/25**
Update count: **0**

Registration date

2018-01-15, 1396/10/25

Registrant information

Name

Ebrahim Rahbar Karbasdehi

Name of organization / entity

University of Guilan

Country

Iran (Islamic Republic of)

Phone

+98 13 3382 9044

Email address

ebrahim_rahbar@msc.guilan.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2017-12-19, 1396/09/28

Expected recruitment end date

2017-12-31, 1396/10/10

Actual recruitment start date

2017-12-19, 1396/09/28

Actual recruitment end date

2017-12-29, 1396/10/08

Trial completion date

empty

Scientific title

The Effectiveness of Group Schema Therapy on Behavioral Activation/ Inhibition Systems and Cognitive

Emotion Regulation in Female Students with Anxiety Symptoms

Public title
The Effectiveness of Group Schema Therapy on Behavioral Activation/ Inhibition Systems and Cognitive Emotion Regulation in Female Students with Anxiety Symptoms
Purpose
Treatment
Inclusion/Exclusion criteria
Inclusion criteria:
scores above 16 based on Beck Anxiety Inventory (1990) Diagnosed anxiety disorder based on the Diagnostic Interview The age range of 13 to 15 years and educational level (seventh to ninth) Prior to participation in this study, an informed consent was obtained from each participant's parents
Exclusion criteria:
At the same time, receiving psychiatric treatment or psychotherapy
Age
From **13 years** old to **15 years** old
Gender
Female

Phase
N/A
Groups that have been masked

- Participant
- Investigator
- Outcome assessor
- Data analyser

Sample size
Target sample size: **30**
Actual sample size reached: **30**
Randomization (investigator's opinion)
Randomized
Randomization description
Individuals are randomly assigned to one of the two experimental and control groups based on table of random numbers.
Blinding (investigator's opinion)
Double blinded
Blinding description
The therapist will randomly select the experimental and control groups without the interposition of the researcher and the participants. The experimental group will be selected from morning shift and control group from afternoon shift. The data analyzer will be a person other than the researcher.
Placebo
Not used
Assignment
Parallel
Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee
Name of ethics committee
Guilan University of Medical Sciences
Street address
Guilan University of Medical Sciences, Rasht, Guilan, Iran
City
Rasht
Province
Guilan
Postal code
4199613776
Approval date
2017-12-18, 1396/09/27
Ethics committee reference number
IR.GUMS.REC.1396.928

Health conditions studied

1

Description of health condition studied
with Anxiety Symptoms
ICD-10 code
F06.4
ICD-10 code description
Anxiety disorder due to known physiological condition

Primary outcomes

1

Description
Anxiety Symptoms
Timepoint
One week before the start of the intervention, the pretest will be taken from both groups and then the experimental group will be intervened for one month and one week and one week after the intervention, both groups will be tested.
Method of measurement
Behavioral Activation/ Inhibition Scale and Cognitive Emotion Regulation Questionnaire

Secondary outcomes

empty

Intervention groups

1

Description
Intervention group: The 10 sessions of Young schema therapy will be implemented for experimental group
Category
Treatment - Other

2

Description
Control group: The control group will not receive any intervention
Category
N/A

Recruitment centers

1

Recruitment center
Name of recruitment center
Shohada Zahab School
Full name of responsible person
Fatemeh Rahbar
Street address
Iran-Guilan-Rasht- Shahada Street- Haji Alley
City
Rasht
Province
Guilan
Postal code
4187866444
Phone
+98 13 3382 9044
Email
fatemehrahbar70@msc.guilan.ac.ir

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Rasht University of Medical Sciences
Full name of responsible person
Shadman Nemati
Street address
Namjoo Street, Rasht, Guilan, Iran
City
Rasht
Province
Guilan
Postal code
4193893345
Phone
+98 13 3333 5820
Fax
+98 13 3332 3047
Email
nemat@gums.ac.ir
Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
Rasht University of Medical Sciences
Proportion provided by this source
20
Public or private sector
Public
Domestic or foreign origin
Domestic
Category of foreign source of funding
empty
Country of origin
Type of organization providing the funding
Academic

2

Sponsor
Name of organization / entity
Ebrahim Rahbar Karbasdehi
Full name of responsible person
Ebrahim Rahbar Karbasdehi
Street address
University of Guilan, Rasht, Guilan, Iran
City
Rasht
Province
Guilan
Postal code
4187866479
Phone
+98 13 3382 9044
Email
ebrahim.rahbar74@gmail.com
Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
Ebrahim Rahbar Karbasdehi
Proportion provided by this source
80
Public or private sector
Private
Domestic or foreign origin
Domestic
Category of foreign source of funding
empty
Country of origin
Type of organization providing the funding
Persons

Person responsible for general inquiries

Contact
Name of organization / entity
University of Guilan
Full name of responsible person
Ebrahim Rahbar Karbasdehi
Position
Student
Latest degree
Master
Other areas of specialty/work
Psychology
Street address

University of Guilan, Rasht, Guilan, Iran
City
Rasht
Province
Guilan
Postal code
4187866479
Phone
+98 13 3382 9044
Email
ebrahim_rahbar@msc.guilan.ac.ir

Person responsible for scientific inquiries

Contact
Name of organization / entity
University of Guilan
Full name of responsible person
Ebrahim Rahbar Karbasdehi
Position
Student
Latest degree
Master
Other areas of specialty/work
Psychology
Street address
University of Guilan, Rasht, Guilan, Iran
City
Rasht
Province
Guilan
Postal code
4187866479
Phone
+98 13 3382 9044
Email
ebrahim_rahbar@msc.guilan.ac.ir

Person responsible for updating data

Contact
Name of organization / entity
University of Guilan
Full name of responsible person
Ebrahim Rahbar Karbasdehi
Position
Student
Latest degree
Master
Other areas of specialty/work
Psychology
Street address
University of Guilan, Rasht, Guilan, Iran
City
Rasht
Province
Guilan
Postal code
4187866479
Phone
+98 13 3382 9044
Email
ebrahim_rahbar@msc.guilan.ac.ir

Sharing plan

Deidentified Individual Participant Data Set (IPD)
Yes - There is a plan to make this available
Study Protocol
Yes - There is a plan to make this available
Statistical Analysis Plan
Not applicable
Informed Consent Form
Undecided - It is not yet known if there will be a plan to make this available
Clinical Study Report
Not applicable
Analytic Code
Not applicable
Data Dictionary
Not applicable
Title and more details about the data/document
Information on the main consequence of sharing is possible
When the data will become available and for how long
Start the access period 5 months after printing the results
To whom data/document is available
Academic researchers
Under which criteria data/document could be used
To the formation of a new management
From where data/document is obtainable
Ebrahim Rahbar Karbasdehi
ebrahim_rahbar@msc.guilan.ac.ir
What processes are involved for a request to access data/document
Two weeks after request by email
Comments