

Clinical Trial Protocol

Iranian Registry of Clinical Trials

25 Jun 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

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University of Guilan, Rasht, Guilan, Iran

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Person responsible for scientific inquiries

Contact

Name of organization / entity

University of Guilan

Full name of responsible person

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Person responsible for updating data

Contact

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University of Guilan

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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