

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

29 Jun 2026

### The effect of social skills training on social adaptation in patients with schizophrenia

#### Protocol summary

##### Summary

The aim of this study is to assess the effect of social skill training on adaptive behavior in patients with schizophrenia. 44 schizophrenic patients aged between 30 -60, being at the second year of the illness at least and experiencing the 5th cognitive level (according to Allen scale), will be randomly assigned to experimental and control group. The experimental group takes part in 16 social skill training sessions, 1 hour, 2 days a week including anger management, assertiveness training, and communication skills through education and role playing. Social adjustment and negative and positive symptoms will be measured using "Bell Adjustment Inventory" and "Scale for the Assessment Negative and Positive Symptom" respectively before and after the intervention as well as 6 months later

#### General information

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT201507043419N4**

Registration date: **2015-12-15, 1394/09/24**

Registration timing: **prospective**

Last update:

Update count: **0**

##### Registration date

2015-12-15, 1394/09/24

##### Registrant information

###### Name

Mitra Khalafbeigi

###### Name of organization / entity

###### Country

Iran (Islamic Republic of)

###### Phone

+98 21 2222 7124

##### Email address

khalafbeigi.m@iums.ac.ir

##### Recruitment status

**Recruitment complete**

##### Funding source

Iran University of Medical Sciences, School of Rehabilitation Sciences

##### Expected recruitment start date

2015-12-21, 1394/09/30

##### Expected recruitment end date

2016-10-21, 1395/07/30

##### Actual recruitment start date

empty

##### Actual recruitment end date

empty

##### Trial completion date

empty

##### Scientific title

The effect of social skills training on social adaptation in patients with schizophrenia

##### Public title

social skill training in schizophrenia

##### Purpose

Health service research

##### Inclusion/Exclusion criteria

Inclusion criteria: Schizophrenia diagnosed by a psychiatrist; age 30 to 60 years; being in chronic disease phase (at least 2 years history of the disease); being at the level 5 of Allen cognitive scale. Exclusion criteria: relapse; discharge from residential center; not participating in sessions more than 2 times.

##### Age

From **30 years** old to **60 years** old

##### Gender

Male

##### Phase

N/A

## Groups that have been masked

No information

## Sample size

Target sample size: 44

## Randomization (investigator's opinion)

Randomized

## Randomization description

## Blinding (investigator's opinion)

Not blinded

## Blinding description

## Placebo

Not used

## Assignment

Parallel

## Other design features

## Secondary Ids

empty

## Ethics committees

### 1

#### Ethics committee

##### Name of ethics committee

Iran University of Medical Sciences

##### Street address

Crossroads of Shahid Hemmat and Shahid Chamran  
Expressways, Tehran

##### City

Tehran

##### Postal code

#### Approval date

2015-07-28, 1394/05/06

#### Ethics committee reference number

IR.IUMS.REC.1394 . 26114

## Health conditions studied

### 1

#### Description of health condition studied

schizophrenia

#### ICD-10 code

F20

#### ICD-10 code description

Schizophrenia

## Primary outcomes

### 1

#### Description

social adjustment

#### Timepoint

before intervention, 2 months after intervention, 6  
months after intervention

#### Method of measurement

Bell Adjustment Inventory

## Secondary outcomes

### 1

#### Description

negative and positive symptoms

#### Timepoint

before intervention, 2 months after intervention, 6  
months after intervention

#### Method of measurement

Scale for the Assessment Negative and Positive  
Symptom

## Intervention groups

### 1

#### Description

Experimental group: Receiving 16 social skill taring  
sessions, 1 hour, 2 days per week. Including anger  
management (6 sessions), assertiveness training (6  
sessions ) and communication skills(4 sessions) which  
will be utilized through education and role playing.

#### Category

Rehabilitation

### 2

#### Description

Control group: Receiving psycho social rehabilitation  
programs as usual including occupational therapy and  
psychology programs. Social skill training is not included.

#### Category

Rehabilitation

## Recruitment centers

### 1

#### Recruitment center

##### Name of recruitment center

Tolo Rehabilitation Center

##### Full name of responsible person

Zohreh Parsa

##### Street address

##### City

Tehran

## Sponsors / Funding sources

### 1

#### Sponsor

##### Name of organization / entity

Iran University of Medical Sciences

##### Full name of responsible person

Mansooreh Hosein Mardi

##### Street address

Crossroads of Shahid Hemmat and Shahid Chamran  
Expressways, Tehran

##### City

Tehran

**Grant name**

**Grant code / Reference number**

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

Yes

**Title of funding source**

Iran 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**

Tolo Rehabilitation Center

**Full name of responsible person**

Zohreh Parsa

**Position**

MSc, Occupational Therapist

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PhD

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**Position**

PhD

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**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*