

Clinical Trial Protocol

Iranian Registry of Clinical Trials

17 Jun 2026

The Effectiveness of Cognitive-Behavioral Therapy on Improving Perfectionism and Quality of Life in Perfectionist Persons

Protocol summary

Study aim

The Effectiveness of Cognitive - Behavioral Therapy on Perfectionism and Quality of Life

Design

A Pretest-Posttest Control Group Design was used in the present study. The cognitive-behavioral intervention was applied, as the independent variable, on the experimental group but the control group did not undergo any intervention. The sample size (30) was determined using the effect size, test power and significance level.

Settings and conduct

The study population consisted of all clients of the Talieh counseling and Psychological Service Center in District 4 of Tehran during 1394. The present study was conducted using experimental and control group at the Talieh counseling and Psychological Service Center. The 90-minute intervention sessions were held every other week. Cognitive-behavioral interventions were applied according to a predetermined protocol.

Participants/Inclusion and exclusion criteria

Using the services of the psychological consulting Center for more than two months; Showing perfectionistic signs and complaints at the therapeutic sessions; No sign of psychiatric disorders; No sign of drug abuse.

Intervention groups

The cognitive-behavioral intervention was applied to the experimental group in eight 9- minute sessions on a weekly basis. The control group didn't undergo any intervention during this period and the experimental group was reassessed at the end of intervention sessions.

Main outcome variables

Quality of life

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20181205041857N1**

Registration date: **2019-01-14, 1397/10/24**

Registration timing: **na**

Last update: **2019-01-14, 1397/10/24**

Update count: **0**

Registration date

2019-01-14, 1397/10/24

Registrant information

Name

Mohammad Goudarzi

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 21 7723 0973

Email address

mohammad.goudarzi10@yahoo.com

Recruitment status

Not enough for processing

Funding source

Expected recruitment start date

2015-10-02, 1394/07/10

Expected recruitment end date

2015-10-22, 1394/07/30

Actual recruitment start date

2015-12-22, 1394/10/01

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The Effectiveness of Cognitive-Behavioral Therapy on Improving Perfectionism and Quality of Life in Perfectionist Persons

Public title

The Effectiveness of Cognitive-Behavioral Therapy on Perfectionism and Quality of Life

Purpose

Education/Guidance

Inclusion/Exclusion criteria**Inclusion criteria:**

Using the psychological consulting services for more than two months; showing perfectionistic signs and complaints at the therapeutic sessions.

Exclusion criteria:

Psychotic disorders; Substance abuse.

Age

From **19 years** old to **51 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **30**

Randomization (investigator's opinion)

Randomized

Randomization description

The present study is conducted through a simple randomization method, using random numbers and a lottery system for selection of individual units. After being registered, The numbers were returned to the lottery bag to maintain the population - sample proportion. Repetitive numbers were returned to the bag and the lottery continued until both groups were completed. The assignment and draw task were performed by someone other than the researcher to reduce the impact of researcher intervention and knowledge.

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**

Baqiyatallah University of Medical Sciences

Street address

S. Sheikh Bahayi St., Mulla Sadra St., Vanak Square, Tehran, Iran

City

Tehran

Province

Tehran

Postal code

1435916471

Approval date

2017-07-01, 1396/04/10

Ethics committee reference number

IR.bmsu.rec1396.118

Health conditions studied**1****Description of health condition studied**

Perfectionism

ICD-10 code**ICD-10 code description****Primary outcomes****1****Description**

perfectionism

Timepoint

At the beginning of the study and 8 weeks after the intervention

Method of measurement

Hill Perfectionism Inventory; HPI

2**Description**

Quality of life

Timepoint

At the beginning of the study and 8 weeks after the intervention

Method of measurement

World Health Organization Quality of Life Questionnaire Short Form

Secondary outcomes

empty

Intervention groups**1****Description**

Cognitive-behavioral therapy was performed in eight 90-minute sessions (1 session per week) at the auditorium of Talieh counseling and Psychological Service Center during Aban and Azar 1394. The points discussed at these sessions are outlined as follows: an introduction to perfectionism, perfectionism factors, the relationship between perfectionism and other issues, and therapeutic approaches. the experimental group served as the subject in these sessions.

Category

Behavior

2

Description

Control group: Did not receive any intervention.

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center

Center for Advisory and Psychological Services

Full name of responsible person

Mahnaz Rahbari

Street address

Unit 4, 2th Floor, No. 467, Free Way Resalat

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Islamic Azad University

Full name of responsible person

Deputy of Research and Technology of Azad University of Tehran North Branch

Street address

Vafadar Blvd., Shahid Sadoughi St., Hakimiyeh Exit, Shahid Babaee Highway, Tehran, Iran

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iau-tnb@iau-tnb.ac.ir

Web page address

<http://iau-tnb.ac.ir/en>

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Islamic Azad University

Proportion provided by this source

100

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

Person responsible for general inquiries

Contact

Name of organization / entity

Islamic Azad University

Full name of responsible person

Mohammad Goudarzi

Position

Student

Latest degree

Master

Other areas of specialty/work

Psychology

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Person responsible for scientific inquiries

Contact

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Contact

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Sharing plan

Deidentified Individual Participant Data Set (IPD)

Undecided - It is not yet known if there will be a plan to make this available

Study Protocol

Undecided - It is not yet known if there will be 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