

# 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

**City**

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**Postal code**

1684814311

**Phone**

+98 21 7723 0973

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**Email**

mohammad.goudarzi10@yahoo.com

**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

**City**

Tehran

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Tehran

**Postal code**

1651153311

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+98 21 7731 7998

**Email**

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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**Web page address**

## Person responsible for updating data

### 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**  
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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