

Clinical Trial Protocol

Iranian Registry of Clinical Trials

17 Sep 2026

Comparison of the efficacy of Cognitive-Behavioral Therapy for Perfectionism (CBT-P) versus Unified Protocol for Transdiagnostic Treatment (UP) in the individuals with clinical perfectionism and anxiety and depressive disorders

Protocol summary

Study aim

The purpose of this study is comparison of efficacy of Cognitive-Behavioral Therapy for Perfectionism (CBT-P), Unified Protocol for Transdiagnostic Treatment (UP), and waitlist control group in reduction in symptoms of depression and anxiety and transdiagnostic factors in the individuals with anxiety and depressive disorders and with clinical perfectionism too.

Design

First, by using sample size determination formula and with predicting the drop out of participants during the research process, 90 eligible individuals are randomly allocated to two treatment and one control conditions

Settings and conduct

The study is conducted in the psychology ward of Taleghani Hospital of Tehran and Shahid Beheshti University Counseling Center. Both treatments are administered individually and by one therapist (due to the similarity of both therapeutic approaches and the control of the therapist effect).

Participants/Inclusion and exclusion criteria

Age over 18 years; Diagnosis of at least one of anxiety disorders or depression; High perfectionism; No severe or moderate suicidality; Absence of psychosis; No substance or drug abuse; No drug treatment or other psychotherapies simultaneously.

Intervention groups

A group treated with cognitive-behavioral perfectionism; a group treated with the UP model of transdiagnostic treatment; the waiting list group did not receive intervention until the end of the treatment sessions.

Main outcome variables

Level of Perfectionism; General Severity of Anxiety; General Severity of Depression; Severity of Social Anxiety; Severity of panic; strategies of Emotion Regulation; Quality of Life

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20190713044191N1**

Registration date: **2019-09-15, 1398/06/24**

Registration timing: **retrospective**

Last update: **2019-09-15, 1398/06/24**

Update count: **0**

Registration date

2019-09-15, 1398/06/24

Registrant information

Name

Mohammad Mahmoodi

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 71 3727 3568

Email address

mahmoodi_m13@sbmu.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2017-04-22, 1396/02/02

Expected recruitment end date

2017-06-22, 1396/04/01

Actual recruitment start date

2017-04-22, 1396/02/02

Actual recruitment end date

2017-07-23, 1396/05/01

Trial completion date

Scientific title

Comparison of the efficacy of Cognitive-Behavioral Therapy for Perfectionism (CBT-P) versus Unified Protocol for Transdiagnostic Treatment (UP) in the individuals with clinical perfectionism and anxiety and depressive disorders

Public title

Comparison of the efficacy of Cognitive-Behavioral Therapy for Perfectionism (CBT-P) versus Unified Protocol for Transdiagnostic Treatment (UP) in the individuals with emotional disorders

Purpose

Treatment

Inclusion/Exclusion criteria**Inclusion criteria:**

To have elevated perfectionism, defined by a score greater than 24.7 on the Concern over Mistakes (CM) subscale of the Frost Multidimensional Perfectionism Scale A score greater than 18 on the depression (D) and greater than 16 on the anxiety (A), subscales of the DAS Scale Diagnosis of one of anxiety disorders or depression at least, based on diagnostic criterias in DSM-5

Exclusion criteria:

self-harm behaviors moderate or severe suicidality psychosis drug or substance abuse

Age

From **18 years** old to **50 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **90**

Actual sample size reached: **64**

Randomization (investigator's opinion)

Randomized

Randomization description

After baseline assessment, participants are randomly allocated to treatment or control conditions. Randomisation is conducted using randomised number lists generated by Saghaei's (2004) Random Allocation Software Version 1.0

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**

Ethics committee of Shahid Beheshti University of Medical Sciences

Street address

Third Floor, Faculty of Medicine, next to Taleghani Hospital, Evin, Shahid Chamran Highway

City

Tehran

Province

Tehran

Postal code

193954719

Approval date

2017-01-31, 1395/11/12

Ethics committee reference number

IR.SBMU.MSP.REC.1395.439

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

Major depressive disorder, single episode

ICD-10 code

F32

ICD-10 code description

Major depressive disorder, single episode

2**Description of health condition studied**

Major depressive disorder, recurrent

ICD-10 code

F33

ICD-10 code description

Major depressive disorder, recurrent

3**Description of health condition studied**

Persistent mood disorders

ICD-10 code

F34

ICD-10 code description

Persistent mood [affective] disorders

4**Description of health condition studied**

Social phobia

ICD-10 code

F40.1

ICD-10 code description

Social phobias

5

Description of health condition studied

Panic disorder

ICD-10 code

F41.0

ICD-10 code description

Panic disorder

6

Description of health condition studied

Generalized anxiety disorder

ICD-10 code

F41.1

ICD-10 code description

Generalized anxiety disorder

7

Description of health condition studied

Mixed anxiety and depressive disorder

ICD-10 code

F41.2

ICD-10 code description

Mixed anxiety and depressive disorder

8

Description of health condition studied

Other mixed anxiety disorders

ICD-10 code

F41.3

ICD-10 code description

Other mixed anxiety disorders

Primary outcomes

1

Description

The general severity of anxiety

Timepoint

At baseline, at the end of treatment, and 3 months after treatment

Method of measurement

Beck Anxiety Inventory

2

Description

The general severity of depression

Timepoint

At baseline, at the end of treatment, and 3 months after treatment

Method of measurement

Beck Depression Inventory

3

Description

The severity of social anxiety

Timepoint

At baseline, at the end of treatment, and 3 months after treatment

Method of measurement

Connor Social Phobia Inventory (SPIN)

4

Description

The severity of Panic

Timepoint

At baseline, at the end of treatment, and 3 months after treatment

Method of measurement

Anxiety Sensitivity Inventory (ASI)

5

Description

The level of perfectionism

Timepoint

At baseline, at the end of treatment, and 3 months after treatment

Method of measurement

The Frost Multidimensional Perfectionism Scale (FMPS)

6

Description

Emotion regulation strategies

Timepoint

At baseline, at the end of treatment, and 3 months after treatment

Method of measurement

Growth Emotion Regulation Questionnaire (ERQ)

7

Description

Quality of Life

Timepoint

At baseline, at the end of treatment, and 3 months after treatment

Method of measurement

WHO Quality of Life Questionnaire (WHOQOL)

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group 1: Cognitive Behavioral Treatment of Perfectionism (CBT-P): It consists of 12 therapeutic sessions that have been developed step by step based on the protocol proposed by Egan et al, (2014). sessions are held individually and once a week and each session lasts one hour.

Category

Treatment - Other

2

Description

Intervention group 2: Unified Transdiagnostic Treatment (UP): It consists of 12 therapeutic sessions that have been developed step by step based on the protocol proposed by Barlow et al, (2011). sessions are held individually and once a week and each session lasts one hour.

Category

Treatment - Other

3

Description

Control group: waiting list

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center

Ayatollah Taleghani Hospital

Full name of responsible person

Dr. Abbas Masjedi Arani

Street address

Shahid Arabi Ave, Yaman AVE.

City

Tehran

Province

Tehran

Postal code

1985711151

Phone

+98 21 2303 1548

Email

taleghanihospital@sbmu.ac.ir

2

Recruitment center

Name of recruitment center

Shahid Beheshti University Counseling Center

Full name of responsible person

Hosein Poor shahriar kaleshtari

Street address

Shahid Beheshti University, Shahid Shahriari Square,
Daneshjou Boulevard, Shahid Chamran Highway

City

Tehran

Province

Tehran

Postal code

1983969411

Phone

+98 21 2243 1826

Email

farhangicul@sbu.ac.ir

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Vice chancellor for research, Shahid Beheshti
University of Medical Sciences

Full name of responsible person

Seyed Ali Ziai

Street address

3th Floor, Bldg No.2 SBUMS, Arabi Ave, Daneshjoo
Blvd, Velenjak

City

Tehran

Province

Tehran

Postal code

193954719

Phone

+98 21 2243 9951

Email

mpd@sbmu.ac.ir

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Vice chancellor for research, Shahid Beheshti University
of Medical Sciences

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

Shahid Beheshti University of Medical Sciences

Full name of responsible person

Mohammad Mahmoodi

Position

PhD student

Latest degree

Master

Other areas of specialty/work

Psychology

Street address

Department of clinical psychology, 4th floor, Ayatollah
Taleghani Hospital, Arabi Ave, Yaman Ave, Daneshjoo
Blvd, Velenjak

City

Tehran

Province
Tehran
Postal code
1985711151
Phone
+98 21 2303 1548
Email
mmahmoodi13@gmail.com

Person responsible for scientific inquiries

Contact

Name of organization / entity
Shahid Beheshti University of Medical Sciences
Full name of responsible person
Mohammad Mahmoodi
Position
Phd student
Latest degree
Master
Other areas of specialty/work
Psychology
Street address
Department of clinical psychology, 4th floor, Ayatollah Taleghani Hospital, Arabi Ave, Yaman Ave, Daneshjoo Blvd, Velenjak
City
Tehran
Province
Tehran
Postal code
1985711151
Phone
+98 71 3727 3568
Fax
Email
mahmoodi_m13@sbmu.ac.ir

Person responsible for updating data

Contact

Name of organization / entity
Shahid Beheshti University of Medical Sciences

Full name of responsible person
Mohammad Mahmoodi
Position
Phd student
Latest degree
Master
Other areas of specialty/work
Psychology
Street address
Department of clinical psychology, 4th floor, Taleghani Educational Hospital, Arabi Ave, Yaman Ave, Chamran High Way
City
Tehran
Province
Tehran
Postal code
1985711151
Phone
+98 71 3727 3568
Fax
Email
mahmoodi_m13@sbmu.ac.ir

Sharing plan

Deidentified Individual Participant Data Set (IPD)

No - There is not a plan to make this available

Justification/reason for indecision/not sharing IPD

In this study, data will be reported collectively and there is no need to report individual data

Study Protocol

No - There is not a plan to make this available

Statistical Analysis Plan

No - There is not a plan to make this available

Informed Consent Form

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

Clinical Study Report

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

Analytic Code

No - There is not a plan to make this available

Data Dictionary

No - There is not a plan to make this available