

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

17 Jun 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

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##### 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

2018-11-03, 1397/08/12

### 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.

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## 2

#### Recruitment center

**Name of recruitment center**

Shahid Beheshti University Counseling Center

**Full name of responsible person**

Hosein Poor shahriar kaleshtari

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

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## 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

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**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

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## Person responsible for scientific inquiries

### Contact

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Phd student  
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## Person responsible for updating data

### Contact

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## 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