

Clinical Trial Protocol

Iranian Registry of Clinical Trials

08 Jul 2026

The effect of social skills training for treating children with nail biting, a randomized waiting-list controlled clinical trial

Protocol summary

Summary

This is a 3 months randomized waiting-list controlled clinical trial comparing the efficacy of social skills training for treating nail biting behavior in children. The children will be allocated into either treatment group or waiting list group. Outcome is measured through assessment of length of nails.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT201303043930N19**

Registration date: **2013-04-09, 1392/01/20**

Registration timing: **registered_while_recruiting**

Last update:

Update count: **0**

Registration date

2013-04-09, 1392/01/20

Registrant information

Name

Ahmad Ghanizadeh

Name of organization / entity

Research Center for Psychiatry and Behavioral Sciences, Shiraz University Of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 71 1627 3070

Email address

ghanizad@sina.tums.ac.ir

Recruitment status

Recruitment complete

Funding source

Shiraz University of Medical Sciences

Expected recruitment start date

2013-02-25, 1391/12/07

Expected recruitment end date

2014-02-26, 1392/12/07

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of social skills training for treating children with nail biting, a randomized waiting-list controlled clinical trial

Public title

The effect of social skills training for treating nail biting

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria: nail biting behavior and age range of 6 to 11 years. Exclusion criteria: children with serious disorders such as bipolar mod disorder or pervasive developmental disorders and onset or exacerbation of nail biting behavior after taking any medication.

Age

From **6 years** old to **11 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **60**

Randomization (investigator's opinion)

Randomized

Randomization description

Blinding (investigator's opinion)

Not blinded

Blinding description

Placebo

Used

Assignment

Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Shiraz University of Medical Sciences Ethics Committee

Street address

Hafez Hospital

City

Shiraz

Postal code

Approval date

2013-02-25, 1391/12/07

Ethics committee reference number

CT-91-6449

Health conditions studied

1

Description of health condition studied

Nail Biting

ICD-10 code

F00-F99

ICD-10 code description

Behavioural and emotional disorders with onset usually occurring in childhood and adolescence

Primary outcomes

1

Description

Length of nail

Timepoint

Baseline, six weeks and three months after intervention

Method of measurement

Millimeters

Secondary outcomes

empty

Intervention groups

1

Description

Waiting list

Category

Placebo

Recruitment centers

1

Recruitment center

Name of recruitment center

Research Center for Psychiatry and Behavioral Sciences, Shiraz University of Medical Sciences

Full name of responsible person

Ahmad Ghanizadeh

Street address

Hafez Hospital

City

Shiraz

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Shiraz University of Medical sciences

Full name of responsible person

Gholam Reza Hatam

Street address

Vice-chancellery of Research Affairs, Shiraz University of Medical sciences, Zand Street

City

Shiraz

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Shiraz 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

Shiraz University of Medical sciences

Full name of responsible person

Mahnaz Molody

Position

Student Psychology

Other areas of specialty/work

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Person responsible for scientific inquiries

Contact

Name of organization / entity
Shiraz University of Medical sciences
Full name of responsible person
Ahmad Ghanizadeh
Position
MD
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Postal code
Phone
Fax
Email
ghanizad@sina.tums.ac.ir
Web page address

Person responsible for updating data

Contact

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