

# 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

##### Street address

Hafez Hospital  
**City**  
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**Postal code**  
**Phone**  
+98 71 1627 3070  
**Fax**  
**Email**  
molodim@sums.ac.ir  
**Web page address**

## Person responsible for scientific inquiries

### Contact

**Name of organization / entity**  
Shiraz University of Medical sciences  
**Full name of responsible person**  
Ahmad Ghanizadeh  
**Position**  
MD  
**Other areas of specialty/work**  
**Street address**  
Hafez Hospital  
**City**  
Shiraz

**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*