Clinical Trial Protocol
Iranian Registry of Clinical Trials

18 Sep 2026

Effect of cognitive behavior group therapy on body image, attachment style and emotion regulation in people with eating disorder

Protocol summary

Study aim
We aim to investigate the effect of group cognitive behavior therapy on body image, attachment style and emotion regulation in people with eating disorder.

Design
After doing pretest if criteria is met, patient will be assigned randomly into intervention and control group. Patient in intervention group will receive 12 sessions of two hour CBT group therapy over the course of 12 weeks. Treatment protocol was designed by Michael Free. Patient in control group will be stayed on waiting list.

Settings and conduct
After the diagnostic interview by the clinical psychologist, patients diagnosed with eating disorder are randomly assigned to the intervention and control groups. Assessment is also performed immediately after the intervention. The site of the interview and interventions is the modern health care clinic.

Participants/Inclusion and exclusion criteria
inclusion criteria: diagnosed as eating disorder using DSM5 criteria age between 18 and 45 years exclusion criteria: substance abuse receiving psychotherapy within last year

Intervention groups
Intervention and control group Patients in intervention group will receive 12 sessions of two hour CBT group therapy over the course of 12 weeks.Patient in control group will be stayed on waiting list.

Main outcome variables
Body Image; Attachment Style; Emotion Regulation

General information

Reason for update

Acronym

IRCT registration information
IRCT registration number: **IRCT20190911044746N1**
Registration date: **2019-10-01, 1398/07/09**
Registration timing: **prospective**

Last update: **2019-10-01, 1398/07/09**
Update count: **0**

Registration date
2019-10-01, 1398/07/09

Registrant information

Name
Sadegh Rahmati

Name of organization / entity
The University of Allameh tabataba'i

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Iran (Islamic Republic of)

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Recruitment status
Recruitment complete

Funding source

Expected recruitment start date
2019-10-07, 1398/07/15

Expected recruitment end date
2019-11-06, 1398/08/15

Actual recruitment start date
empty

Actual recruitment end date
empty

Trial completion date
empty

Scientific title
Effect of cognitive behavior group therapy on body image, attachment style and emotion regulation in people with eating disorder

Public title
Effect of cognitive behavior group therapy in people with

eating disorder

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria:

Diagnosed of eating disorders using DSM5 criteria age between 18 and 45 years

Exclusion criteria:

Substance abuse Receiving psychotherapy within last year

Age

From **18 years** old to **45 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

After doing pretest, if inclusion criteria is met, patient will be assigned randomly into experiment and control group using simple randomization. randomization will be done using Stata 9.0 computer program.

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 Allameh Tabataba'i University

Street address

Research division, Allameh Tabataba'i University, Dehkadeh Olympic, west Hemmat Highway

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1489684511

Approval date

2019-07-15, 1398/04/24

Ethics committee reference number

IR.ATU.REC.1398.003

Health conditions studied

1

Description of health condition studied

Anorexia Nervosa

ICD-10 code

F50.0

ICD-10 code description

Anorexia nervosa

2

Description of health condition studied

Bulimia Nervosa

ICD-10 code

F50.2

ICD-10 code description

Bulimia nervosa

3

Description of health condition studied

Binge eating

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description

Body Image

Timepoint

Before and immediately after the intervention

Method of measurement

Satisfaction with Body Image scale

2

Description

Attachment style

Timepoint

Before and immediately after the intervention

Method of measurement

Adult Attachment inventory

3

Description

Emotion regulation

Timepoint

Before and immediately after the intervention

Method of measurement

Difficulties in Emotion Regulation Scale

Secondary outcomes

empty

Intervention groups

1

Description
Intervention group: Patients in intervention group will receive 12 sessions of two hour CBT group therapy over the course of 12 weeks. Treatment protocol was designed By Michael Free.

Category
Behavior

2

Description
Control group: patients in control group will be stayed on waiting list.

Category
Behavior

Recruitment centers

1

Recruitment center

Name of recruitment center
Modern health care clinic

Full name of responsible person
Shirin Adel

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Sponsors / Funding sources

1

Sponsor

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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
The University of Allameh Tabataba'i

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
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Associate professor

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Sharing plan

Deidentified Individual Participant Data Set (IPD)
Yes - There is a plan to make this available
Study Protocol
Yes - There is a plan to make this available
Statistical Analysis Plan
Yes - There is a plan to make this available
Informed Consent Form
Yes - There is a plan to make this available
Clinical Study Report
Yes - There is a plan to make this available
Analytic Code
Not applicable
Data Dictionary
Not applicable
Title and more details about the data/document
Part of the recorded data from statistical samples will be available to help understand the research topic and its impacts.
When the data will become available and for how long
Since 2020
To whom data/document is available
Researchers in university centers
Under which criteria data/document could be used
The use of documentation is permitted in the development of research
From where data/document is obtainable
Faculty of psychology and educational sciences, Allameh Tabataba'i University, Tehran
What processes are involved for a request to access data/document
By written request from the University
Comments