

Clinical Trial Protocol

Iranian Registry of Clinical Trials

08 Jun 2026

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

Protocol summary

Registration timing: **prospective**

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.

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

Update count: **0**

Registration date

2019-10-01, 1398/07/09

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.

Registrant information

Name

Sadegh Rahmati

Name of organization / entity

The University of Allameh tabataba'i

Country

Iran (Islamic Republic of)

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+98 21 4452 3262

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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.

Recruitment status

Recruitment complete

Funding source

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

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

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.

Scientific title

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

Main outcome variables

Body Image; Attachment Style; Emotion Regulation

Public title

Effect of cognitive behavior group therapy in people with

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20190911044746N1**

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

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

City

Tehran

Province

Tehran

Postal code

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

Street address

No. 21, Yazdan panah Ave, Jordan

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

The University of Allameh Tabataba'i

Full name of responsible person

Hamidreza Oloumi yazdi

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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

The University of Allameh Tabataba'i

Full name of responsible person

Ahmad Borjali

Position

Associate professor

Latest degree

Ph.D.

Other areas of specialty/work

Psychology

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Person responsible for scientific inquiries

Contact

Name of organization / entity

The University of Allameh Tabataba'i

Full name of responsible person

Sadegh Rahmati

Position

Student

Latest degree

Bachelor

Other areas of specialty/work

Psychology

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Person responsible for updating data**Contact****Name of organization / entity**

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Latest degree

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Other areas of specialty/work

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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