

Clinical Trial Protocol

Iranian Registry of Clinical Trials

17 Sep 2026

The Effectiveness of Schema Therapy on Reducing Signs of people with Chronic Panic Disorder: Case study

Protocol summary

Study aim

Determining the effectiveness of Schema therapy on reducing fear of physical concerns, fear of lack of cognitive control, fear of being observed by others, overall health concerns, fear of disease and fear of disease consequence in people with chronic Panic disorder Determination of primary maladaptive Schemas in people with chronic Panic disorder

Design

case study, semi-experimental, in the form of multiple baseline, have 2 samples and are available by sampling, Interventions in 17 sessions, each session lasts 90 minutes. study protocol is provided by Jeffrey Young.

Settings and conduct

Structured clinical interview to diagnose panic disorder; Assessing the suitability for receiving schema therapy; pre-exam; Assessment in order to Case conceptualization, cognitive techniques; Experimental techniques; behavioural pattern-breaking techniques; Relationship therapy techniques; Execution of questionnaires during and after interventions; Location of Psychological Counseling Center of Ilam Welfare Organization

Participants/Inclusion and exclusion criteria

Inclusion criteria: An initial diagnosis of panic disorder! Psychiatric interview to diagnose panic disorder! Chronic disorder for at least a year! Age over 18 years and under 40 years! Similarity of drugs used by patients! Minimum level of education: third grade middle school Exclusion criteria: Severe mental disorders, including bipolar disorder and severe depression Drug abuse Concurrent treatment by another psychologist Patients who have no psychological mind

Intervention groups

2 people with chronic panic disorder receive 17 sessions each lasting 90 minutes schema therapy. In sessions 1, 5, 9, 13, 17, and one month after the last session, questionnaires are administered. People will be compared to themselves.

Main outcome variables

Fear of physical worries, fear of not having cognitive control, fear of anxiety to be seen

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20200216046515N1**

Registration date: **2020-07-18, 1399/04/28**

Registration timing: **retrospective**

Last update: **2020-07-18, 1399/04/28**

Update count: **0**

Registration date

2020-07-18, 1399/04/28

Registrant information

Name

Bahareh Farokhi

Name of organization / entity

Allameh Tabataba'i University

Country

Iran (Islamic Republic of)

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Email address

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Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2020-06-13, 1399/03/24

Expected recruitment end date

2020-07-15, 1399/04/25

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The Effectiveness of Schema Therapy on Reducing Signs of people with Chronic Panic Disorder: Case study

Public title

The Effectiveness of Schema Therapy on Treatment of Chronic Panic Disorder

Purpose

Treatment

Inclusion/Exclusion criteria**Inclusion criteria:**

An initial diagnosis of Panic disorder Psychiatric interview to diagnose Panic disorder Chronic Panic disorder for at least a year Age over 18 years and under 40 years The similarity of the Drugs used by Patients Fluency in Persian Minimum level of education: third grade middle school

Exclusion criteria:

Severe mental disorders, including bipolar disorder and severe depression Drug abuse Concurrent treatment by another psychologist Patients who have poorly reported Successful treatment in evaluation or have no psychological mind

AgeFrom **18 years** old to **40 years** old**Gender**

Both

Phase

N/A

Groups that have been masked*No information***Sample size**Target sample size: **2****Randomization (investigator's opinion)**

N/A

Randomization description**Blinding (investigator's opinion)**

Not blinded

Blinding description**Placebo**

Not used

Assignment

Single

Other design features**Secondary Ids**

empty

Ethics committees**1****Ethics committee****Name of ethics committee**

National Ethics Committee in Biomedical Research, Allameh Tabatabai University

Street address

SIXTH alley, MALEKOSHOARA street, SAYAD SHIRAZI boulevard, JANBAZAN neighborhood, ILAM city

City

Tehran

Province

Tehran

Postal code

6931174838

Approval date

2020-02-01, 1398/11/12

Ethics committee reference number

IR.ATU.REC.1398.016

Health conditions studied**1****Description of health condition studied**

Panic disorder

ICD-10 code

F41.0

ICD-10 code description

Panic disorder

Primary outcomes**1****Description**

Variable scores; Fear of physical worries, fear of not having cognitive control, fear of anxiety to be seen

Timepoint

Sessions 1, 5, 9, 13, 17 and one month after the last session

Method of measurement

Floyd et al. 2005 Anxiety Sensitivity Questionnaire

Secondary outcomes**1****Description**

Variable scores; General health concerns, fear of disease, fear of disease consequences

Timepoint

Sessions 1, 5, 9, 13, 17 and one month after the last session

Method of measurement

Health Anxiety Questionnaire Salkowski et al. 2002 (short form 18 questions)

2**Description**

Early maladaptive schemas scores

Timepoint

Sessions 1, 5, 9, 13, 17 and one month after the last session

Method of measurement

Young Schema Questionnaire (Short Form - Third Edition - 90 Questions)

Intervention groups

1

Description

Intervention; Structured clinical interview to diagnose panic disorder; Assessing the suitability for receiving schema therapy; pre-exam; Assessment in order to conceptualize the case; Cognitive techniques; Experimental techniques; behavioural pattern-breaking techniques; Relationship therapy techniques; Execution of questionnaires during and after interventions. Interventions are performed in 17 sessions, 90 minutes per session and one session per week. Studies have shown that the results of the drug recur after a significant proportion of patients (25-50% recorded during six months) (Mahmoudi, Naderi Rajeh and Masoudzadeh, 2016). Cognitive behavioral therapy is the first line of treatment for panic disorder (Heldt et al., 2003; cited in Wesner et al., 2019). But many patients have residual symptoms or partial response to treatment (Porter & Chambless, 2015; Craske et al., 2017; quoting Wesner et al., 2019). Patients may fail during cognitive-behavioral therapy due to schema issues (Hoffart, 2017). Many patients with panic disorder are highly resistant to starting and continuing psychotherapy sessions. The reason for canceling treatment sessions, in addition to cost and disbelief in treatment, is ambiguity in treatment due to schema (Leahi, 2001, translated by Hamidpour, Anduz, and Zirak, 1396). Classical cognitive behavioral therapy has assumptions about patients that do not apply to patients with cognitive behavioral problems who have chronic, ambiguous, and pervasive problems (Young et al., 2003, translated by Hamidpour and Andouz, 2007). Research shows that focusing on schemas can be useful for patients with chronic emotional problems, including chronic anxiety (Keefe, Webb, & Derubeis, 2016). Schema therapy has never been used for patients with chronic panic disorder.

Category

Treatment - Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Dr. Hamidreza Karim's psychiatric office

Full name of responsible person

Dr. Hamidreza Karim

Street address

Dr. Hamidreza Karim's psychiatric office, Rashidi Alley, in front of Blood Transfusion Organization, South Saadi St., Saadi Crossroads, ILAM city6

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Allameh Tabatabai University

Full name of responsible person

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Allameh Tabatabai University, Central Building, Village Square, Olympic Village

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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

Allameh Tabatabai University

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

Allameh Tabatabai University

Full name of responsible person

Bahareh farokhi

Position

Master student of clinical psychology

Latest degree

Bachelor

Other areas of specialty/work

Psychology

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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

Undecided - It is not yet known if there will be a plan to make this available

Title and more details about the data/document

Share data after making it unrecognizable

When the data will become available and for how long

Start access after printing results

To whom data/document is available

Researchers in the field of mental health

Under which criteria data/document could be used

To know the details of the study and the use of data in research studies

From where data/document is obtainable

Baharehfarokhi@yahoo.com , Dr. Faramarz Sohrabi
Asmaroud, Fifth Floor, Faculty of Psychology and
Educational Sciences, Allameh Tabatabai University

What processes are involved for a request to access data/document

Send your application by university email; It takes less than two weeks.

Comments