

Clinical Trial Protocol

Iranian Registry of Clinical Trials

16 Sep 2026

The Effectiveness of Emotion-Focused Therapy On Anxiety, Depression and Difficulty in Emotion Regulation in Binge Eating Disorder

Protocol summary

Study aim

The purpose of this study was to investigate the effectiveness of emotion-focused therapy on depression, anxiety, and difficulty in emotion regulation in women with binge eating disorder.

Design

The study was a quasi-experimental clinical trial with a pre- post-test design and 6 weeks of follow up with control group. After identifying Binge eating disorder and determining the criteria for Inclusion and exclusion criteria and selecting 40 patients and randomly assigning coins to the experimental (n = 20) and control (n = 20) groups, the research tools were pretest, posttest and follow up on the two groups. Was executed.

Settings and conduct

After selecting the sample and randomly assigning them to the experimental and control groups, both groups were administered a pretest (Emotion Regulation Difficulty Questionnaire and Beck Depression Anxiety Inventory). After pre-test group program with emotion-centered treatment approach was performed in 10 90-minute sessions weekly for experimental group in a weight loss clinic. The control group also received placebo during this period. The treatment program was performed in eight stages.

Participants/Inclusion and exclusion criteria

Participants' inclusion criteria: 1- Over 18 years of age 2- Being female 3- Not participating in other treatment programs during the study. Exclusion criteria: 1- Imminent suicide risk 2- Any substance abuse or dependence To Materials and Alcohol 3 - Body Mass Index (IBM = Weight in kg divided by the square of height in cm) above 40.

Intervention groups

The experimental group received EFT treatment (emotion-centered treatment approach) in 10 90-minute sessions weekly. The control group also received placebo during this period.

Main outcome variables

depression, anxiety, and difficulty in emotion regulation and binge eating disorder

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20200222046583N1**

Registration date: **2020-03-11, 1398/12/21**

Registration timing: **retrospective**

Last update: **2020-03-11, 1398/12/21**

Update count: **0**

Registration date

2020-03-11, 1398/12/21

Registrant information

Name

yousef asmaribardezard

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 21 8899 4742

Email address

asmariyousef@yahoo.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2019-08-31, 1398/06/09

Expected recruitment end date

2020-02-29, 1398/12/10

Actual recruitment start date

2019-08-31, 1398/06/09

Actual recruitment end date

2020-01-30, 1398/11/10

Trial completion date

2020-01-31, 1398/11/11

Scientific title

The Effectiveness of Emotion-Focused Therapy On
Anxiety, Depression and Difficulty in Emotion Regulation
in Binge Eating Disorder

Public title

The Effectiveness of Emotion-Focused Therapy On
Anxiety, Depression and Difficulty in Emotion Regulation
in Binge Eating Disorder

Purpose

Treatment

Inclusion/Exclusion criteria**Inclusion criteria:**

women with overeating disorder, overeating disorder
diagnosed by a clinical specialist (non-therapist) based
on the Structured Clinical Interview for DSM-5 (SCID-5),
and a cut-off point of the questionnaire (above 16).

Exclusion criteria:

Imminent suicide risk Any substance abuse or
dependence on alcohol & alcohol Body mass index (IBM
= Weight in kg divided by square of height in cm) above
40.

AgeFrom **18 years** old**Gender**

Female

Phase

N/A

Groups that have been masked*No information***Sample size**Target sample size: **40**Actual sample size reached: **40****Randomization (investigator's opinion)**

Randomized

Randomization description

Forty patients were selected after being interviewed and
filtered by inclusion and exclusion criteria. Members of
the control group and the experimental group were
chosen through the toss of coin. Coin was tossed as
many times as need to complete the number of control
and experimental groups.

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**

IR.USWR.REC :

Street address

University of Social Welfare and Rehabilitation
Sciences, kodakyar Ave., Daneshjo Blvd.,Evin

City

Tehran

Province

Tehran

Postal code

1985713871

Approval date

2017-07-25, 1396/05/03

Ethics committee reference number

IR.USWR.REC.1397.78

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

Binge eating disorder

ICD-10 code

F50.81

ICD-10 code description

ICD-10 Code: F50.81.

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

Overeating intensity courses

Timepoint

Before intervention (pre-test), after intervention (one
week after intervention as post-test), 1 month later
(Follow-up)

Method of measurement

Research tools included Beck Depression and Anxiety
Inventory, Difficulty in Emotion Regulation and Gormal
Eating Intensity Scale.

Secondary outcomes

empty

Intervention groups**1****Description**

Intervention group: The group-based program of
emotion-focused treatment was performed in 10 weight
sessions weekly for the experimental group in a weight
loss clinic.

Category

Behavior

Recruitment centers

1

Recruitment center

Name of recruitment center

Sina Hospital Obesity Center

Full name of responsible person

Sajad Khanjani

Street address

Sina Hospital, Hassan Abad Square, Imam Khomeini Ave, Tehran, Iran

City

Tehran

Province

Tehran

Postal code

۱۱۳۶۴۶۱۱

Phone

+98 21 6634 8500

Email

hosp_sina@sina.tums.ac.ir

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

University of social welfare and rehabilitation sciences

Full name of responsible person

Fateme Amiri

Street address

Evin, boulevard student, Dead-end babysitting

City

Tehran

Province

Tehran

Postal code

1985713871

Phone

+98 21 2218 0083

Email

yo.asmari@uswr.ac.ir

Grant name**Grant code / Reference number****Is the source of funding the same sponsor organization/entity?**

No

Title of funding source

Research Support

Proportion provided by this source

30

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

University of social welfare and rehabilitation sciences

Full name of responsible person

Usef Asmari Bardezard

Position

Student

Latest degree

Ph.D.

Other areas of specialty/work

Psychology

Street address

University of Social Welfare and Rehabilitation Sciences kodakyar Ave., Daneshjo Blvd.,Evin

City

Tehran

Province

Tehran

Postal code

1985713871

Phone

+98 21 2218 0083

Email

asmariyousef@yahoo.com

Person responsible for scientific inquiries

Contact

Name of organization / entity

Iran University of Medical Sciences

Full name of responsible person

Sajjad Khanjani

Position

Student

Latest degree

Ph.D.

Other areas of specialty/work

Psychology

Street address

No. 2, Nayayesh Alley, Nayayesh Alley, Sattarkhan St., Tehran, Iran

City

Tehran

Province

Tehran

Postal code

1445613111

Phone

+98 21 6655 1655

Email

khanjanis23@yahoo.com

Person responsible for updating data

Contact

Name of organization / entity

Iran University of Medical Sciences

Full name of responsible person

Sajjad Khanjani

Position

Student

Latest degree

Ph.D.

Other areas of specialty/work

Psychology

Street address

No. 2, Nayayesh Alley, Nayayesh Alley, Sattarkhan
St., Tehran, Iran

City

Tehran

Province

Tehran

Postal code

1445613111

Phone

+98 21 6651 1655

Email

usefasmari1991@gmail.com

Sharing plan**Deidentified Individual Participant Data Set (IPD)**

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

Study Protocol

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

Statistical Analysis Plan

Not applicable

Informed Consent Form

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

Clinical Study Report

Not applicable

Analytic Code

Not applicable

Data Dictionary

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