

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

17 Jun 2026

### The effectiveness of cognitive Hypnotherapy on the coping self-efficacy, executive functions, Cognitive Emotional Regulation, mental health, Food Craving and weight loss of Women with Obesity.

#### Protocol summary

##### Study aim

The effectiveness of Cognitive Hypnotherapy on the Coping self-efficacy, Executive functions, Cognitive Emotional Regulation, Mental health, Food Craving and weight loss of Women with Obesity

##### Design

Clinical study with intervention and control groups, quasi-experimental with pre-test, post-test design, purposive sampling and assigning to intervention and control groups non-randomly.

##### Settings and conduct

The statistical population of this study is women with obesity referring to large Oil Hospital of Ahvaz in 1399. The present study is done through purposive sampling method. Based on this method, first the application form for announcing voluntary participation in medical centers is administered among the statistical population and 30 women with obesity are chosen through purposive sampling method and then they are assigned to intervention and control groups, each group consisting of 15. Subjects of intervention group will be trained. Control group: This group receives no instruction. Then the questionnaires are administered among the subjects and the data are analyzed.

##### Participants/Inclusion and exclusion criteria

Inclusion criteria: Female Body mass index equals to or greater than 30 kg / m<sup>2</sup> Age between 20 to 50 years old Able to be hypnotized Education diploma and higher Not being pregnant and not having a pregnancy plan Not participating in any other psychological treatment  
Exclusion criteria: Suffering from intensive neurological and mental disease Being addictive to drugs such as psychedelics and stimulants

##### Intervention groups

Intervention group: The participants receive 12 sessions of cognitive hypnotherapy training including cognitive therapy training (IPOM) and hypnotherapy. Control group:

This group receives no training.

##### Main outcome variables

Coping self-efficacy, Executive functions, Cognitive Emotional Regulation, Mental health, Food Craving, weight loss

#### General information

##### Reason for update

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT20200622047889N1**

Registration date: **2020-09-19, 1399/06/29**

Registration timing: **prospective**

Last update: **2020-09-19, 1399/06/29**

Update count: **0**

##### Registration date

2020-09-19, 1399/06/29

##### Registrant information

##### Name

Maryam Rostami

##### Name of organization / entity

##### Country

Iran (Islamic Republic of)

##### Phone

+98 61 3445 6155

##### Email address

oranoos8710@yahoo.com

##### Recruitment status

**Recruitment complete**

##### Funding source

##### Expected recruitment start date

2020-09-22, 1399/07/01

##### Expected recruitment end date

2020-11-20, 1399/08/30

**Actual recruitment start date**

empty

**Actual recruitment end date**

empty

**Trial completion date**

empty

**Scientific title**

The effectiveness of cognitive Hypnotherapy on the coping self-efficacy, executive functions, Cognitive Emotional Regulation, mental health, Food Craving and weight loss of Women with Obesity.

**Public title**

The effectiveness of cognitive Hypnotherapy on the coping self-efficacy, executive functions, Cognitive Emotional Regulation, mental health, Food Craving and weight loss of Women with Obesity.

**Purpose**

Education/Guidance

**Inclusion/Exclusion criteria****Inclusion criteria:**

Body mass index equals to or greater than 30 kg / m<sup>2</sup>  
Age between 20 to 50 years old  
Able to be hypnotized  
Education diploma and higher  
Not being pregnant and not having a pregnancy plan  
Not participating in any other psychological treatment

**Exclusion criteria:**

Suffering from intensive neurological and mental disease  
Taking psychotropic or weight effective medicines

**Age**

From **20 years** old to **50 years** old

**Gender**

Female

**Phase**

N/A

**Groups that have been masked**

*No information*

**Sample size**

Target sample size: **30**

**Randomization (investigator's opinion)**

Not randomized

**Randomization description****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 azad University of ahvaz

**Street address**

Ahvaz - Golestan Highway - Farhang-e-shahr Street - Islamic Azad University, Ahvaz Branch

**City**

Ahvaz

**Province**

Khuzestan

**Postal code**

61349-373336

**Approval date**

2020-08-18, 1399/05/28

**Ethics committee reference number**

IR.IAU.AHVAZ.REC.1399.028

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

Coping self-efficacy

**ICD-10 code****ICD-10 code description****2****Description of health condition studied**

Executive functions

**ICD-10 code****ICD-10 code description****3****Description of health condition studied**

Cognitive Emotional Regulation

**ICD-10 code****ICD-10 code description****4****Description of health condition studied**

Mental health

**ICD-10 code****ICD-10 code description****5****Description of health condition studied**

Food Craving

**ICD-10 code****ICD-10 code description****6****Description of health condition studied**

Weight loss

**ICD-10 code****ICD-10 code description****Primary outcomes**

## 1

### **Description**

Coping self-efficacy

### **Timepoint**

Before and after the intervention

### **Method of measurement**

The Coping Self-Efficacy Scale (CES)

## 2

### **Description**

Executive functions

### **Timepoint**

Before and after the intervention

### **Method of measurement**

Delis-Kaplan Executive Function System (D-KEFS)

## 3

### **Description**

Cognitive Emotional Regulation

### **Timepoint**

Before and after the intervention

### **Method of measurement**

Cognitive Emotional Regulation Questionnaire (CERQ)

## 4

### **Description**

Mental health

### **Timepoint**

Before and after the intervention

### **Method of measurement**

General Health Questionnaire (G.H.Q)

## 5

### **Description**

Food Craving

### **Timepoint**

Before and after the intervention

### **Method of measurement**

Food Craving Questionnaire-Trait: FCQ-T

## 6

### **Description**

weight loss

### **Timepoint**

Before and after the intervention

### **Method of measurement**

digital scale

## **Secondary outcomes**

empty

## **Intervention groups**

### 1

#### **Description**

The statistical population of this study is women with

obesity referring to large Oil Hospital of Ahvaz in 2020. In order to collect information, a statistical sample was chosen. The present study is done through purposive sampling method. Based on this method, first the application form for announcing voluntary participation in medical centers is administered among the statistical population and 30 women with obesity are chosen through purposive sampling method and then they are assigned to intervention and control groups, each group consisting of 15. Subjects of intervention group will be trained. Control group: This group receives no instruction. Then the questionnaires are administered among the subjects and the data are analyzed.

#### **Category**

Behavior

### 2

#### **Description**

Control group: This group receives no instruction.

#### **Category**

Behavior

## **Recruitment centers**

### 1

#### **Recruitment center**

##### **Name of recruitment center**

Grand Oil Hospital

##### **Full name of responsible person**

Maryam Rostami

##### **Street address**

Iran. Ahvaz. Oil Town. Grand Oil Hospital

##### **City**

Ahvaz

##### **Province**

Khuzestan

##### **Postal code**

986134436601

##### **Phone**

+98 61 3443 6601

##### **Email**

director.ahv@piho.org

##### **Web page address**

<https://www.piho.ir>

## **Sponsors / Funding sources**

### 1

#### **Sponsor**

##### **Name of organization / entity**

Islamic Azad University

##### **Full name of responsible person**

Ashkan Ghafouri

##### **Street address**

Ahvaz - Golestan Highway - Farhang-e-shahr Street -

Islamic Azad University, Ahvaz Branch

##### **City**

Ahvaz

##### **Province**

Khouzestan  
**Postal code**  
1915  
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+98 61 3334 8421  
**Fax**  
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info@iauahvaz.ac.ir  
**Web page address**  
http://iauahvaz.ac.ir  
**Grant name**  
**Grant code / Reference number**  
**Is the source of funding the same sponsor organization/entity?**  
Yes  
**Title of funding source**  
Islamic Azad 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**  
Islamic Azad University  
**Full name of responsible person**  
Maryam Rostami  
**Position**  
PHD student  
**Latest degree**  
Master  
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Psychology  
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## Person responsible for scientific inquiries

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## Person responsible for updating data

### Contact

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## Sharing plan

### Deidentified Individual Participant Data Set (IPD)

No - There is not a plan to make this available

### Justification/reason for indecision/not sharing IPD

There is no more information.

### 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**

Not applicable