Clinical Trial Protocol
Iranian Registry of Clinical Trials

16 Sep 2026

Evaluation of the effectiveness of training neuro linguistic programming strategies on the rate of social anxiety disorder and quality of life in patients with acquired immunodeficiency

Protocol summary

Study aim
Evaluation of the effectiveness of training in Neuro Linguistic programming strategies on social anxiety and quality of life in patients with acquired immunodeficiency

Design
Randomized clinical trial with intervention and control groups

Settings and conduct
This clinical trial will be performed in the Behavioral Diseases Counseling Center located in Imam Khomeini Hospital in Tehran, so that in the intervention group, the participants will be trained and consulted, while in the control group, no intervention will be performed. Also, randomization will be done as a block and since patients understand the intervention compared to the control group, this study will be done as Open Labale. Data analysis by comparing the two groups of intervention and control with Each other as well as pre-test and post-test will be done in each group.

Participants/Inclusion and exclusion criteria
1.Acquired immunodeficiency virus 2.Having social anxiety disorder

Intervention groups
1.The intervention group includes individuals / patients with acquired immunodeficiency who have social anxiety disorder (phobia) who receive educational and counseling intervention for Neuro Linguistic Programming. 2.The control group includes individuals / patients with acquired immunodeficiency who have social anxiety disorder (phobia) who participate only in the pre-test and post-test and no intervention is done for them.

Main outcome variables
Evaluation of the effectiveness of training psychological strategies for Neuro Linguistic programming in the rate of social anxiety disorder and quality of life in patients with acquired immunodeficiency.

General information

Reason for update

Acronym

IRCT registration information
IRCT registration number: **IRCT20201018049067N1**
Registration date: **2021-11-24, 1400/09/03**
Registration timing: **registered_while_recruiting**

Last update: **2021-11-24, 1400/09/03**
Update count: **0**

Registration date
2021-11-24, 1400/09/03

Registrant information

Name
Hosein Alizadeh barough

Name of organization / entity

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Iran (Islamic Republic of)

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Recruitment status
Recruitment complete

Funding source

Expected recruitment start date
2021-11-21, 1400/08/30

Expected recruitment end date
2022-07-21, 1401/04/30

Actual recruitment start date
empty

Actual recruitment end date
empty

Trial completion date
empty

Scientific title
Evaluation of the effectiveness of training neuro linguistic programming strategies on the rate of social anxiety disorder and quality of life in patients with acquired immunodeficiency

Public title
The effect of teaching neuro linguistic programming strategies on the level of social anxiety disorder
Purpose
Education/Guidance
Inclusion/Exclusion criteria
Inclusion criteria:
Acquired immunodeficiency virus Having social anxiety disorder
Exclusion criteria:
Patients with acquired immunodeficiency disease for less than (3) three years. Affected individuals whose daily functioning and hope for the future and self-efficacy are not impaired.
Age
From **10 years** old to **70 years** old
Gender
Both

Phase
3
Groups that have been masked
No information
Sample size
Target sample size: **30**
Randomization (investigator's opinion)
Randomized
Randomization description
In this study, a total of 30 people, 15 people in the intervention group and 15 people in the control group, will be included, according to the sample size intended to prevent imbalance in the number of people participating in the study in a randomized method. Simple simulation happens and researchers intend to use the Block Randomazition method. The use of this method causes a balance between the two groups, which in the sample size is less than 100 recommendations for randomization with this method. Therefore, in this study, using a table of random numbers, blocks of six or 6 people are formed and these blocks are assigned to two groups of intervention and control.
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 Islamic Azad University, ARDABIL
Street address
.Islamic Azad University Complex, Ardabil Branch.Basij square.
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Postal code
5615731567
Approval date
2021-09-11, 1400/06/20
Ethics committee reference number
IR.IAU.ARDABIL.REC.1400.041

Health conditions studied

1

Description of health condition studied
social anxiety disorder
ICD-10 code
F40.1
ICD-10 code description
Social phobias

Primary outcomes

1

Description
Social Anxiety Score
Timepoint
At the beginning of the study (before the intervention) and 3 months after the intervention
Method of measurement
Quality of Life Questionnaire, Social Anxiety, Death Anxiety, Resilience and Hardiness Scale

2

Description
Quality of Life
Timepoint
At the beginning of the study (before the intervention) and 3 months after the intervention
Method of measurement
Connor Social Panic Questionnaire (SPIN) and Quality of Life Questionnaire (SF-12) Short Form, Templer Death Anxiety Scale Questionnaire, Connor and Davidson Resilience Scale Questionnaire CD-RISC and Ahvaz Stubbornness Questionnaire 27

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: A group of 15 people with acquired immunodeficiency disease. The research and intervention process is as follows: First, the pre-test stage by distributing a questionnaire with the fields of social anxiety, death anxiety, quality of life, resilience, hardiness and After that, he enters the interview stage individually and after observing and taking the patient's history by the researcher, he examines the visual and perceptual system (visual, auditory, tactile) of the patient by his 5 senses and then 3 simultaneous techniques that include: 1. Empathy 2. Establish effective communication 3. Leadership in the treatment and intervention situation should be implemented. He then performs an ecological test to see if the problem is resolved or remains, and immediately performs the future pace technique so that the patient can visualize himself in the future and observe his behavior and position in the future. It then performs a basic technique called the root technique, asking: Step (1) Ask the patient what the problem is now. And here the patient looks at the problem from the outside world and expresses his observations. Step (2) If the problem persists, the patient looks at the problem again from the outside world and explains the new observation. Step (3) If the problem was solved, we came to a conclusion, but if it remained, Step (4) again We repeat the steps until the result is obtained, and after obtaining the result, the researcher again uses the technique of taking it to the future and the ecological test to observe and record the effect of implementing the technique and achieving a change in the patient's mood and solving the patient's problem.

Category

Behavior

2

Description

Control group: For this group, only the questionnaire form is distributed with the fields of social anxiety, death anxiety, quality of life, resilience, and hardiness and After 3 months from the pre-test stage, it enters the post-test stage and the questionnaires are distributed again.

Category

Behavior

Recruitment centers

1

Recruitment center

Name of recruitment center

Iran AIDS Research Center

Full name of responsible person

Minoo Mohraz

Street address

Iran AIDS Research Center.(Building 6).Behind the Infectious Building.Imam Khomeini Hospital Complex.The end of Keshavarz Boulevard.Tehran Town

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Tehran University of Medical Sciences

Full name of responsible person

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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

Tehran University of Medical Sciences

Proportion provided by this source

50

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

2

Sponsor

Name of organization / entity
Int. Academy of NLP & Coching prof.Omraie

Full name of responsible person
prof.Reza Omraie

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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
Int. Academy of NLP & Coching prof.Omraie

Proportion provided by this source
50

Public or private sector
Private

Domestic or foreign origin
Domestic

Category of foreign source of funding
empty

Country of origin

Type of organization providing the funding
Persons

Person responsible for general inquiries

Contact

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Islamic Azad University

Full name of responsible person
Hosein Alizadeh Barough

Position
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Psychology

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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
Undecided - It is not yet known if there will be a plan to make this available
Informed Consent Form
Undecided - It is not yet known if there will be a plan to make this available
Clinical Study Report
Undecided - It is not yet known if there will be a plan to make this available
Analytic Code
Undecided - It is not yet known if there will be a plan to make this available
Data Dictionary
Undecided - It is not yet known if there will be a plan to make this available