

Clinical Trial Protocol

Iranian Registry of Clinical Trials

19 Jun 2026

Effectiveness of Schema Mode Therapy on Behavioral Syndromes and Early Maladaptive Schemas of Adolescents Referred to Counseling Centers

Protocol summary

Study aim

Determining The Effectiveness Of Schema Mode Therapy On Improving Behavioral Syndromes And Early Maladaptive Schemas In Adolescents Referred To Counseling Centers

Design

Clinical trial with control group, with parallel, non-randomized groups ; 15 Adolescents with one of their parents in the experimental groups and 15 Adolescents and one of their parents in the control group

Settings and conduct

The initial interview was conducted in one of the licensed psychiatric services clinics, and the referred adolescents interested in participating in group therapy sessions (Adolescents and their parents) were enrolled. Then they were divided into control and experimental groups. The intervention was performed in 12 sessions for the experimental group and the control group was placed on the waiting list for treatment without intervention.

Participants/Inclusion and exclusion criteria

Inclusion criteria in this study: Having behavioral, Educational and Mood problems and Being referred to a counseling center, Having and living with at least one parent (due to working with parents). Having an age in the range of 12 years to 14 years. Exclusion criteria include: Absence of more than two treatment sessions, Occurrence of Stressful events such as divorce or death of relatives or close friends in the past three months

Intervention groups

Experimental group: 15 Adolescents with one of their parents (mother) who participate in a twelve-session group therapy program of schema mode therapy. Control group: 15 Adolescents with their parents who were on the waiting list for treatment who only completed the assessment tools in two stages of pre / post evaluation.

Main outcome variables

Reducing behavioral problems (Internal and External

behaviors) in adolescents, Early maladaptive schemas

General information

Reason for update

Acronym

--

IRCT registration information

IRCT registration number: **IRCT20201129049522N1**

Registration date: **2020-12-15, 1399/09/25**

Registration timing: **retrospective**

Last update: **2020-12-15, 1399/09/25**

Update count: **0**

Registration date

2020-12-15, 1399/09/25

Registrant information

Name

Afaf Karimipour

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 61 3373 1857

Email address

afaf1356@yahoo.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2019-12-22, 1398/10/01

Expected recruitment end date

2020-03-19, 1398/12/29

Actual recruitment start date

2019-12-22, 1398/10/01

Actual recruitment end date

2020-06-19, 1399/03/30
Trial completion date
2020-12-04, 1399/09/14

Scientific title
Effectiveness of Schema Mode Therapy on Behavioral Syndromes and Early Maladaptive Schemas of Adolescents Referred to Counseling Centers

Public title
Effectiveness of Schema Mode Therapy on Behavioral Syndromes and Early Maladaptive Schemas of Adolescents Referred to Counseling Centers

Purpose
Education/Guidance

Inclusion/Exclusion criteria
Inclusion criteria:
Having and Living with at least One Parent Adolescents with Behavioral, Mood and Educational Problems
Exclusion criteria:
Absence of more than two treatment sessions
Occurrence of stressful events such as divorce or death of relatives or close friends in the last three months

Age
From **12 years** old to **14 years** old

Gender
Both

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **30**
Actual sample size reached: **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
In this study, in addition to working with adolescents, work was also done with parents.

Secondary Ids

empty

Ethics committees

1

Ethics committee
Name of ethics committee
Ethics Committee of Islamic Azad University - Ahvaz Branch
Street address
No. 107, West Esfand Ave., Kianpars

City
Ahvaz
Province
Khouzestan
Postal code
6155666375

Approval date
2020-11-17, 1399/08/27
Ethics committee reference number
IR.IAU.AHVAZ.REC.1399.042

Health conditions studied

1

Description of health condition studied
Early Maladaptive Schemas

ICD-10 code
ICD-10 code description

2

Description of health condition studied
Behavioral Syndromes

ICD-10 code
ICD-10 code description

Primary outcomes

1

Description
Reducing Behavioral Problems Based on the Child Behavior Checklist (CBCL)

Timepoint
Before the intervention and after the intervention

Method of measurement
Child Behavior Checklist (CBCL)

2

Description
Early Maladaptive Schemas

Timepoint
Before the intervention and after the intervention

Method of measurement
Dusseldorf Illustrated Schema Questionnaire for Children (DISC)

Secondary outcomes

empty

Intervention groups

1

Description
Intervention group: 15 Adolescents with their parents who participate in a 12-session intervention schema mode therapy. The summary of the sessions is as follows: Session 1: Establishing a therapeutic

relationship, Explaining the purpose of the research, Fill the Questionnaires, Give the teen positive points worksheet to the parents as homework, Defining the basic psychological needs of each person (common). Session 2: Check the positive points, visual explanation of schemas + Schema Glasses (common). Session 3: Imaginary parent interview (with the teenager in the role of parent), Positive Schemas, Chair technique and jewelry bag (Adolescents). Session 4: Explaining and drawing modes, explaining pain points and conditions of their creation, explaining style Coping Practices, Giving Modes Flashcards... (Common). Session 5: Interviewing Techniques with Inefficient Mode, Review the Flashcards (Adolescent). Session 6: Interviewing technique with dysfunctional Mode, Review the flash cards, Special modes worksheet for parents (Parents). Session 7: Conceptualization of the problem, Practice of the clever and wise driving license technique (Adolescents). Session 8: Conceptualization of the problem, Limitation of the defective cycle, Explanation the SORC model for parents (Parents). Session 9: Drawing a Genogram for parents, Working with modes cards and teaching self-care to a vulnerable child and Assertive behavior (Parents). Session 10: Technique of walking with modes, Working with modes cards and teaching self-care to a vulnerable child and Assertive behavior (Adolescents). Session 11: Reviewing the homework done on modes during the week and Performing the technique of imaginary journey to the intelligent and wise mode (Hypnosis) and its association with the scent of lemon! (Common) Session 12: Fixing the problems of the taught concepts and reviewing the task of listening to the audio file, Illustrating the clever and wise modes and talking about its effect, Filling out questionnaires (Common).

Category

Treatment - Other

2

Description

Control group: 15 Adolescents and their parents were on the treatment waiting list who only completed the assessment tools in two stages of pre and post test evaluation.

Category

Treatment - Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Negaresh Counseling and Psychological Services Center

Full name of responsible person

Afaf karimipour

Street address

No. 114, West Pahlavan Ave., kianpars

City

Ahvaz

Province

Khouzestan

Postal code

6155645770

Phone

+98 61 3336 8759

Email

afaf1356@yahoo.com

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Islamic Azad University

Full name of responsible person

Parviz Asgari

Street address

Islamic Azad University, Ahvaz Branch, Farhang Shahr St., Golestan Highway

City

Ahvaz

Province

Khouzestan

Postal code

1915

Phone

+98 61 3334 8420

Email

info@iauahvaz.ac.ir

Web page address

http://iauahvaz.ac.i

Grant name

Grant code / Reference number

Is the source of funding the same sponsor organization/entity?

No

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

Afaf Karimipour

Position

Student

Latest degree

Master

Other areas of specialty/work

Psychology

Street address

No. 107, West Esfand Ave., Kianpars

City

Ahvaz

Province

Khuzestan

Postal code

6165666375

Phone

009861333731857

Email

afaf1356@yahoo.com

Other areas of specialty/work

Psychology

Street address

No. 107, West Esfand Ave., Kianpars

City

Ahvaz

Province

Khuzestan

Postal code

6165666375

Phone

009861333731857

Email

AFAF1356@YAHOO.COM

Person responsible for scientific inquiries**Contact****Name of organization / entity**

Islamic Azad University

Full name of responsible person

Afaf Karimipour

Position

Student

Latest degree

Master

Other areas of specialty/work

Psychology

Street address

No. 7, West Esfand, Kianpars

City

Ahvaz

Province

Khuzestan

Postal code

6165666375

Phone

+98 61 3337 3157

Email

afaf1356@yahoo.com

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

Islamic Azad University

Full name of responsible person

Afaf Karimipour

Position

Student

Latest degree

Master

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

Yes - There is a plan to make this available

Statistical Analysis Plan

Yes - There is 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

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

Intervention protocol files, consent form, invitation and research results report can be provided.

When the data will become available and for how long

Access period starts from 2021

To whom data/document is available

researchers

Under which criteria data/document could be used

The use of the mentioned files with mentioning the source is acceptable.

From where data/document is obtainable

Researcher Email

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

It is necessary for the applicant, while introducing him/herself and the relevant organization, to mention the purpose and method of his/her research. If approved, the file will be sent.

Comments