

Clinical Trial Protocol

Iranian Registry of Clinical Trials

02 Jul 2026

Comparing the efficacy of physical exercise to token behavior therapy on the rate of negative symptoms in schizophrenic patients

Protocol summary

Summary

The objective of this study was to compare the efficacy of physical training and counter token behavior therapy on the level of negative symptoms in schizophrenia patients. A total of 45 randomly selected patients were put in two experimental groups and one control group (15 patients in each). One of the experimental groups received 16 sessions of physical training and the other received counter token behavior therapy. No intervention was used for the control group. The primary outcome in this study was the negative symptoms of schizophrenia that was measured by the scale for the assessment of negative symptoms (SANS).

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT201011085133N1**
Registration date: **2011-01-03, 1389/10/13**
Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2011-01-03, 1389/10/13

Registrant information

Name

Kamran Gholonia

Name of organization / entity

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Recruitment status

Recruitment complete

Funding source

Tonekabon Azad University

Expected recruitment start date

2010-05-05, 1389/02/15

Expected recruitment end date

2010-06-21, 1389/03/31

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Comparing the efficacy of physical exercise to token behavior therapy on the rate of negative symptoms in schizophrenic patients

Public title

The efficacy of physical exercise and token behavior therapy on reducing the negative symptoms in schizophrenic patients

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria: at least 3 years passed from disorder outset, male gender, age 20-50 years, no mental illness and disorders along with schizophrenia, no mental retardation or brain damage, having active case in Organizing Committee for Chronic Psychiatric Patients
Exclusion criteria: displaying severe physical illness, change of diagnosis within the period or displaying other prominent psychiatric symptoms, death, moving from the Care Center

Age

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

Gender

Male

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: 45

Randomization (investigator's opinion)

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

Tonekabon Azad University

Street address

Tonekabon Azad University, Vali Abad Educational Complex, 2nd kilometer of Chaloos road

City

Tonekabon

Postal code

Approval date

2010-10-29, 1389/08/07

Ethics committee reference number

23320

Health conditions studied

1

Description of health condition studied

Schizophrenia

ICD-10 code

F20

ICD-10 code description

Schizophrenia

Primary outcomes

1

Description

negative symptoms

Timepoint

Before the intervention, three months after intervention, the end of intervention

Method of measurement

The Scale for Assessment of Negative Symptoms (SANS)

Secondary outcomes

empty

Intervention groups

1

Description

Physical exercise was carried out within 16 sessions, including physical movements with 7 minute-running, 3 minute-in situ running, 7 minute-stretching starting from upper body to lower body, 10 minute-dynamic exercise, 3 minute-cooling down

Category

Behavior

2

Description

Control group: No intervention

Category

N/A

3

Description

Token behavior therapy: token economics was applied aimed at reducing negative symptoms in schizophrenic patients. Schizophrenic patients were awarded tokens on account of displaying positive behaviors such as: 1) participating in therapeutic activities, 2) properly washing face after waking up, 3) tooth brushing, 4) being tidy and organized, 5) responding to the questions and taking part in conversations. These patients lost tokens due to displaying negative behaviors such as: 1) not participating in therapeutic activities, 2) not properly washing face after waking up, 3) shouting at other people, 4) not being tidy and organized, 5) not responding to the questions asked and not taking part in conversations

Category

Behavior

Recruitment centers

1

Recruitment center

Name of recruitment center

Asayesh Chronic Psychiatric Care Center

Full name of responsible person

Kamran Gholinia

Street address

City

Rasht

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Tonekabon Azad University

Full name of responsible person

Khalil Pourshamsian

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Tonekabon Azad University, Vali Abad Educational Complex, 2nd kilometer of Chaloos road

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Tonekabon

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

Yes

Title of funding source

Tonekabon Azad University

Proportion provided by this source

100

Public or private sector*empty***Domestic or foreign origin***empty***Category of foreign source of funding***empty***Country of origin****Type of organization providing the funding***empty***Person responsible for general inquiries****Contact****Name of organization / entity**

Tonekabon Azad University

Full name of responsible person

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Position

M.A. student

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Web page address**Sharing plan****Deidentified Individual Participant Data Set (IPD)***empty***Study Protocol***empty***Statistical Analysis Plan***empty***Informed Consent Form***empty***Clinical Study Report***empty***Analytic Code***empty***Data Dictionary***empty*