

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

17 Jun 2026

### Efficacy of Cognitive Behavior Therapy for Perfectionism in Reducing Symptoms of Social Anxiety Disorder and investigation of process of change

#### Protocol summary

##### Study aim

In the present study, while examining the effectiveness of perfectionism-based cognitive-behavioral therapy on reducing perfectionist self-expression and symptoms of patients with social anxiety disorder, it is intended to address research questions related to the change process, such as whether the intervention It has a significant effect on changing the mediating variables of treatment, ie dysfunctional attitudes and perfectionist cognitions; What is the process of changing the symptoms of social anxiety, dysfunctional attitudes and perfectionist cognitions, and changes in mediating variables (dysfunctional attitudes and perfectionist cognitions) and changes in the sign (social anxiety and perfectionist self-expression)? What do they have to do with each other?

##### Design

The sampling method in this study is purposeful. The number of participants in the intervention and control groups was 23 and a total of 46 people were considered in the two groups.

##### Settings and conduct

Individual psychotherapy sessions will be held in one of the university rooms.

##### Participants/Inclusion and exclusion criteria

Inclusion criteria are: 1. Having social anxiety disorder based on structured interview based on DSM-5 2. Achieving a score of at least half the standard deviation above the average on the Hewitt Multidimensional Perfectionism Scale 3. Having a bachelor's degree. Exclusion criteria are: 1. Diagnosis of symptoms of psychosis 2. Diagnosis of severe borderline personality disorders, schizotypal, antisocial, and paranoid 3. Diagnosis of substance abuse disorder.

##### Intervention groups

The intervention of the present study is the cognitive-behavioral therapy of perfectionism that is performed on

the experimental group and the control group is compared with the experimental group.

##### Main outcome variables

Perfectionism; Social Anxiety; Perfectionistic Cognition

#### General information

##### Reason for update

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT20210522051365N1**

Registration date: **2022-07-13, 1401/04/22**

Registration timing: **prospective**

Last update: **2022-07-13, 1401/04/22**

Update count: **0**

##### Registration date

2022-07-13, 1401/04/22

##### Registrant information

##### Name

Masoome Barani

##### Name of organization / entity

##### Country

Iran (Islamic Republic of)

##### Phone

+98 21 6691 7635

##### Email address

masoome.barani69@gmail.com

##### Recruitment status

**Recruitment complete**

##### Funding source

##### Expected recruitment start date

2022-07-23, 1401/05/01

##### Expected recruitment end date

2022-10-23, 1401/08/01

##### Actual recruitment start date

empty

**Actual recruitment end date**  
empty

**Trial completion date**  
empty

**Scientific title**  
Efficacy of Cognitive Behavior Therapy for Perfectionism in Reducing Symptoms of Social Anxiety Disorder and investigation of process of change

**Public title**  
Efficacy of Cognitive Behavior Therapy for Perfectionism in Social Anxiety Disorder

**Purpose**  
Supportive

**Inclusion/Exclusion criteria**  
**Inclusion criteria:**  
Development of social anxiety disorder based on DSM-5 structured interview Having a score of at least half of the standard deviation above the average in Hewitt Multidimensional Perfectionism Scale  
**Exclusion criteria:**  
Diagnosis of psychosis symptoms Diagnosis of severe borderline, schizotypal, antisocial, and paranoid personality disorders

**Age**  
From **18 years** old to **40 years** old

**Gender**  
Both

**Phase**  
N/A

**Groups that have been masked**  
*No information*

**Sample size**  
Target sample size: **46**

**Randomization (investigator's opinion)**  
Randomized

**Randomization description**  
In this research, randomization was done as simple randomization. The names of the volunteers are placed in an envelope and then the names of 23 people are randomly separated, these people form the control group and the remaining people are in the intervention group.

**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 University of Social Welfare and Rehabilitation Sciences

## Street address

kodakyar Ave., daneshjo Blvd., Evin., Tehran

## City

Tehran

## Province

Tehran

## Postal code

1985713834

## Approval date

2021-05-19, 1400/02/29

## Ethics committee reference number

IR.USWR.REC.1400.004

## 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 in Social Phobia Inventory

### Timepoint

Every two weeks

### Method of measurement

Social Phobia Inventory

## Secondary outcomes

1

### Description

Perfectionism score

### Timepoint

Every two weeks

### Method of measurement

Hewitt Multidimensional Perfectionism Scale

## Intervention groups

1

### Description

Intervention group:Cognitive-behavioral therapy of perfectionism is a type of meta-diagnostic psychotherapy that tries to reduce the symptoms of other disorders by treating the variable of perfectionism.

### Category

Behavior

## 2

### Description

Control group: To study the outcome of treatment, subjects in the control group are evaluated 3 times. The first evaluation is done as pre-test, the second evaluation is done 2 months apart from the first evaluation as post-test and the third evaluation is done after 3 months from the second evaluation as follow-up. They complete Social Phobia Inventory (SPIN), Hewiett Multidimensional perfectionism Scale (HMPS), and Perfectionist Self-presentation Scale (PSPS). To study mechanism of Change, control group every two weeks (after the initial evaluation until the second evaluation and a total of 4 times) complete Social Phobia Inventory (SPIN), Perfectionistic Cognition Inventory, and Dysfunctional Attitudes Scale (DAS) .

### Category

Other

## Recruitment centers

### 1

#### Recruitment center

**Name of recruitment center**

Nezam mafi Clinic

**Full name of responsible person**

Dr Sepideh Rajezi

**Street address**

Ayatollah Kashani Boulevard., after Jannat Abad intersection., next to Nezam Mafi Mosque

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webmaster@uswr.ac.ir

**Web page address**

<https://nezammafi.uswr.ac.ir/index.jsp?siteid=114>

## Sponsors / Funding sources

### 1

#### Sponsor

**Name of organization / entity**

University of social welfare and rehabilitation sciences

**Full name of responsible person**

Vice President for Research and Technology

**Street address**

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

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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**

University of social welfare and rehabilitation sciences

**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**

University of social welfare and rehabilitation sciences

**Full name of responsible person**

Masoume Barani

**Position**

Student

**Latest degree**

Master

**Other areas of specialty/work**

Psychology

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## Person responsible for scientific inquiries

#### Contact

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**Position**

Associate professor

**Latest degree**

Ph.D.

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**Latest degree**

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**Fax****Email**

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

Yes - There is a plan to make this available

**Study Protocol**

Yes - There is a plan to make this available

**Statistical Analysis Plan**

Not applicable

**Informed Consent Form**

No - There is not 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**

All data can potentially be shared after unidentified  
individuals.

**When the data will become available and for how long**

Start access after printing results

**To whom data/document is available**

Research working in academic institutions

**Under which criteria data/document could be used**

There are no other conditions

**From where data/document is obtainable**

Email address

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

The researcher can have the data after the request email

**Comments**