

Clinical Trial Protocol

Iranian Registry of Clinical Trials

14 Jul 2026

A randomized, parallel-controlled study evaluating the efficacy of a program of group psychodrama interventions based on maladaptive schemas on reducing effects of early maladaptive schemas in adults aged 25 to 45

Protocol summary

Study aim

Evaluating the efficacy of a program of group psychodrama interventions based on schemas on reducing the effects of early maladaptive schemas

Design

A clinical trial with a parallel control group, random allocation of participants in groups and blinding in random sequence, and data analysis

Settings and conduct

This study was conducted in the workshop hall at the Haftad psychological clinic, Tehran, Iran.

Participants/Inclusion and exclusion criteria

Inclusion criteria: aged 25 to 45; Employment status: employing in knowledge-enterprise companies in Tehran; Salary more than 4.5 million tomans per month

Intervention groups

The experimental group was subjected to a program of group psychodrama interventions based on schemas in eight, four-hour sessions for two months. The interventional program used in this study was developed by the researchers of this study, after reviewing the content of the research literature, extracting related interventional programs, techniques, and worksheets of group schema therapy and psychodrama approaches, analyzing and matching the findings with culture, statistical population, and research objectives. Also, the process of assessing the content validity and apparent validity of the program has been implemented and approved. The structure of this program consists mainly of three stages: warm-up, main exercises, and ending up. Each session revolves around specific moods, schemas, and related techniques, and at the end of each session, the members of the group were given homework assignments to prepare themselves for the next session while practicing the learned in the interval between sessions. The control group did not receive any

intervention during this period.

Main outcome variables

Early maladaptive schemas

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20220124053814N1**

Registration date: **2022-04-30, 1401/02/10**

Registration timing: **retrospective**

Last update: **2022-04-30, 1401/02/10**

Update count: **0**

Registration date

2022-04-30, 1401/02/10

Registrant information

Name

Mohammadreza Jabbari

Name of organization / entity

The University of Tehran

Country

Iran (Islamic Republic of)

Phone

+98 21 2211 3325

Email address

mr.jabbari@ut.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2021-07-06, 1400/04/15

Expected recruitment end date

2021-08-21, 1400/05/30
Actual recruitment start date
 2021-07-06, 1400/04/15
Actual recruitment end date
 2021-08-21, 1400/05/30
Trial completion date
 empty

Scientific title
 A randomized, parallel-controlled study evaluating the efficacy of a program of group psychodrama interventions based on maladaptive schemas on reducing effects of early maladaptive schemas in adults aged 25 to 45

Public title
 The efficacy of a program of group psychodrama interventions based on maladaptive schemas on reducing effects of early maladaptive schemas

Purpose
 Treatment

Inclusion/Exclusion criteria
Inclusion criteria:
 Age: Adults aged 25 to 45 Employment status: Employing in knowledge-enterprise companies in Tehran Salary: More than 4.5 million tomans per month (This amount has been identified as a median of income in 2020. According to the latest report from the Ministry of cooperatives labour and social Welfare (2021), the income of a three-person household in Tehran for 2020 is estimated to be approximately between 3 and 5 million tomans).
Exclusion criteria:
 Psychological disorders, such as: depression or anxiety

Age
 From **25 years** old to **45 years** old

Gender
 Both

Phase
 N/A

Groups that have been masked
No information

Sample size
 Target sample size: **70**
 Actual sample size reached: **70**

Randomization (investigator's opinion)
 Randomized

Randomization description
 The participants were assigned to the experimental and control groups based on permuted block randomization, each group consisting of 35 individuals, and to avoid bias, the random allocation was performed based on the sequentially, numbered, sealed, opaque envelopes (SNOSE) method. According to this method, cards tailored to the sample size were prepared on which the control group or experimental group were written. These cards were placed in non-transparent and sealed envelopes, and participants got the cards and were placed in their groups.

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

Research Ethics Committees of Faculty of Psychology and Education

Street address

No. 107, West 2nd Aseman St., Ketab Square., Farahzadi Blvd., Sa'adat Abad "Apt. 7"

City

Tehran

Province

Tehran

Postal code

1998143719

Approval date

2021-07-05, 1400/04/14

Ethics committee reference number

IR.UT.PSYEDU.REC.1400.028

Health conditions studied

1

Description of health condition studied

Early maladaptive schemas

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description

Early maladaptive schemas

Timepoint

Before starting the intervention, and after finishing up the intervention

Method of measurement

In this study, the Young schema questionnaire (third version of the short form) was used. This questionnaire is a self-report tool with 90 items that can measure 18 schemas determined by Young in five domains. Each item is scored based on a six-degree Likert spectrum.

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: The experimental group was subjected to a program of group psychodrama interventions based on schemas in eight, four-hour sessions for two months. The interventional program used in this study was developed by the researchers of this study, after reviewing the content of the research literature, extracting related interventional programs, techniques, and worksheets of group schema therapy and psychodrama approaches, analyzing and matching the findings with culture, statistical population, and research objectives. Also, the process of assessing the content validity and apparent validity of the program has been implemented and approved. The structure of this program consists mainly of three stages: warm-up, main exercises, and ending up. Each session revolves around specific moods, schemas, and related techniques, and at the end of each session, the members of the group were given homework assignments to prepare themselves for the next session while practicing the learned in the interval between sessions.

Category

Treatment - Other

Recruitment centers

1

Recruitment center

Name of recruitment center

The workshop hall at the Haftad psychological clinic, Tehran, Iran

Full name of responsible person

Mohammadreza Jabbari

Street address

No. 107, West 2nd Aseman St., Ketab Square., Farahzadi Blvd., Sa'adat Abad "Apt. 7"

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

The University of Tehran

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

The University of Tehran

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

Person responsible for general inquiries

Contact

Name of organization / entity

The University of Tehran

Full name of responsible person

Mohammadreza Jabbari

Position

Researcher

Latest degree

Ph.D.

Other areas of specialty/work

Psychology

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Email

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Person responsible for scientific inquiries

Contact

Name of organization / entity

The University of Tehran

Full name of responsible person

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Position

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Other areas of specialty/work

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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

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

The University of Tehran

Full name of responsible person

Mohammadreza Jabbari

Position

Researcher

Latest degree

Ph.D.

Other areas of specialty/work

Psychology