Clinical Trial Protocol
Iranian Registry of Clinical Trials

08 Nov 2026

Comparison of the effectiveness of metacognitive therapy and Barlow meta-diagnosis in cognitive emotion regulation, experiential avoidance and reduction of clinical symptoms in the treatment of patients with anxiety disorder

Protocol summary

Study aim

Pervasive Anxiety Disorder According to the definition of the Fifth Diagnostic and Statistical Manual of Mental Disorders, anxiety and excessive worry about multiple events or activities most of the time over a period of at least six months. Cognitive processing in anxiety disorder is similar to what occurs in trait anxiety.

Design

Sample 45 people who are selected through available sampling and randomly divided into two experimental groups and one control group (15 people each). In this study, using the available sampling method based on random selection, individuals are divided into experimental and control groups, and after the necessary coordination with patients with generalized anxiety disorder, 15 people in the group had the necessary conditions to participate. In the first experiment, 15 people in the second experimental group and 15 people in the control group will be randomly selected and selected.

Settings and conduct

Mashhad city clinics

Participants/Inclusion and exclusion criteria

Entry criteria 2- Age range 30.18 years 3- He had at least a diploma 4. Not receiving any psychological intervention Output criteria 1- Having schizophrenia spectrum disorders 2- Obsessive-compulsive disorder 3- Post-traumatic stress disorder

Intervention groups

Comparing the effectiveness of metacognitive therapy and Barlow's meta-diagnostic therapy for emotional cognitive regulation, empirical demonstration and clinical reduction in the treatment of patients with pervasive pervasive disease, quantitative and experimental is used.

Main outcome variables

Barlow metacognitive therapy and meta-diagnostic therapy

General information

Reason for update

Acronym

gad

IRCT registration information

IRCT registration number: **IRCT20220420054593N1**
Registration date: **2022-06-15, 1401/03/25**
Registration timing: **retrospective**

Last update: **2022-06-15, 1401/03/25**
Update count: **0**

Registration date

2022-06-15, 1401/03/25

Registrant information

Name

Hossien Sherafati

Name of organization / entity

Islamic Azad University of Bojnourd

Country

Iran (Islamic Republic of)

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+98 51 3256 6716

Email address

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Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2021-08-23, 1400/06/01

Expected recruitment end date

2021-12-21, 1400/09/30

Actual recruitment start date

2021-08-22, 1400/05/31

Actual recruitment end date

2022-03-16, 1400/12/25

Trial completion date

2022-04-19, 1401/01/30

Scientific title

Comparison of the effectiveness of metacognitive therapy and Barlow meta-diagnosis in cognitive emotion regulation, experiential avoidance and reduction of clinical symptoms in the treatment of patients with anxiety disorder

Public title

Comparison of the effectiveness of metacognitive therapy and Barlow meta-diagnosis in cognitive emotion regulation, experiential avoidance and reduction of clinical symptoms in the treatment of patients with anxiety disorder

Purpose

Education/Guidance

Inclusion/Exclusion criteria

Inclusion criteria:

The research method is quasi-experimental with pre-test and post-test design and the statistical population of the study included patients with clinical symptoms of generalized anxiety disorder who referred to counseling and psychological clinics in Mashhad.

Exclusion criteria:

Age

From **18 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **45**

Actual sample size reached: **45**

Randomization (investigator's opinion)

Not 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

Ethics Committees of Islamic Azad University,Bojnourd Branch

Street address

Imam Khomeini St, General Department of Education of Khorasan Razavi, MashhadTown

City

mashhad

Province

Razavi Khorasan

Postal code

9133714165

Approval date

2022-02-06, 1400/11/17

Ethics committee reference number

IR.IAU.BOJNOURD.REC.1401.002

Health conditions studied

1

Description of health condition studied

generalized anxiety disorder

ICD-10 code

F41.1

ICD-10 code description

Generalized anxiety disorder

Primary outcomes

1

Description

Generalized Anxiety Disorder In this study, Symptoms of Anxiety Disorders Using the Adult Version of the Anxiety Disorders Interview Program for DSM-5 (ADIS-5) Brown & Barlow, 2014), Adult Version of the Pediatric Anxiety Disorders Screening Questionnaire (SCARED) -A) Van Steinsel Weblogs, 2014); The Beck Anxiety Inventory (Beck, Epstein, Brown, & Steer, 1993), the Social Interaction Anxiety Scale (SIAS; Metic & Clark, 1998), and the Comprehensive Anxiety Disorder Short Scale (Spitzer, Kronki, Williams, & Brand, 2006) are measured.

Timepoint

Anxiety questionnaires are collected from clients in the first week of treatment and in the following weeks every two weeks.

Method of measurement

Anxiety Assessment Questionnaires

Secondary outcomes

1

Description

Emotion regulation: is the score that a person obtains in the difficult questionnaire in emotion regulation Graz and Roemer (2004).

Timepoint

The first week and once every two weeks

Method of measurement

emotion regulation Graz and Roemer

2

Description

Experimental Avoidance: The score that a person obtains in the Experiential Avoidance Questionnaire of the Acceptance and Editing Practice Questionnaire (AAQ-II).

Timepoint

The first week and once every two weeks in subsequent weeks

Method of measurement

the Acceptance and Editing Practice Questionnaire (AAQ-II).

Intervention groups

1

Description

Intervention group: The effectiveness of Barlow metacognitive therapy and meta-diagnostic therapy in cognitive emotion regulation, experiential avoidance and reduction of clinical symptoms in the treatment of patients with generalized anxiety disorder. The independent variables in this study are Barlow metacognitive therapy and meta-diagnostic therapy and the dependent variables are emotion regulation, experimental avoidance and pervasive anxiety.

Category

Treatment - Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Ferdowsi University of Mashhad

Full name of responsible person

Dr. Razieh Adabi

Street address

Park Square, Ferdowsi University of Mashhad,Mashhad Town

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Islamic Azad University

Full name of responsible person

hossien mahdiyan

Street address

Holy Defense Square, University Street, North Khorasan, Bojnourd, Iran

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Grant name

Grant code / Reference number

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

No

Title of funding source

Islamic Azad University of Bojnourd

Proportion provided by this source

7

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

Mashhad University of Medical Sciences

Full name of responsible person

Elham Taheri

Position

Assistant Professor of Mashhad University of Medical Sciences

Latest degree

Ph.D.

Other areas of specialty/work

Psychology

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Bouali Square, next to the vehicle of Quds province, Mashhad, Iran

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Person responsible for scientific inquiries

Contact

Name of organization / entity

Islamic Azad University

Full name of responsible person

Hossien Sherafati

Position

PhD student

Latest degree

Master

Other areas of specialty/work

Psychology

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Person responsible for updating data

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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

In order to benefit professors and students from the research

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

No - There is not a plan to make this available

Clinical Study Report

No - There is not a plan to make this available

Analytic Code

No - There is not a plan to make this available

Data Dictionary

No - There is not a plan to make this available

Title and more details about the data/document

Articles published in reputable journals

When the data will become available and for how long

After publishing articles

To whom data/document is available

All professors and students of the university and the general public

Under which criteria data/document could be used

The use and publication of research materials without mentioning the source is unrestricted.

From where data/document is obtainable

To the journals in which the article was published.

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

To the journals in which the article was published.

Comments