Clinical Trial Protocol
Iranian Registry of Clinical Trials

17 Sep 2026

The effectiveness of schema therapy on c cluster personality disorders (dependent disorder, obsessive-compulsive disorder) in middle-aged people.

Protocol summary

Study aim

Determining the effectiveness of schema therapy on avoidant, obsessive, and dependent personality disorders of cluster c in middle-aged individuals in Arak

Design

In this study, out of 30 people, the sample size that we will study is 15 people in the control group and 15 people in the experimental group by simple random method, so that the names are not written and we put them in a container. We put the remaining 15 names in the control group; in this method, each person has an equal chance with other people to be selected.

Settings and conduct

The Millon 3 multi-axis questionnaire will be provided to 100 clients of counseling centers in Arak. We select 30 eligible students and place 15 in the control group and 15 in the experimental group by simple random sampling. People in the intervention group undergo schema therapy. This treatment focuses on the individual's maladaptive schemas (schemas: deep, pervasive, and repetitive patterns of behavior that have developed since childhood). And by using the techniques of this treatment, the members of the intervention group are helped to modify these schemas. And remain untreated for the control group.

Participants/Inclusion and exclusion criteria

Must be at least 30 years old and at most 45 years old Be employed Having dependent personality disorders Having avoidant personality disorders Having obsessive personality disorders Resident of Arak city

Intervention groups

Intervention group: There are 15 subjects in this group who are being treated. This treatment focuses on the individual's maladaptive schemas (schemas: deep, pervasive, and repetitive behavioral patterns that have developed since childhood). No intervention is performed on the control group.

Main outcome variables

Cluster personality disorders c

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20220507054759N1**
Registration date: **2022-06-26, 1401/04/05**
Registration timing: **registered_while_recruiting**

Last update: **2022-06-26, 1401/04/05**
Update count: **0**

Registration date

2022-06-26, 1401/04/05

Registrant information

Name

Ramin Zare

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 86 3341 2101

Email address

r-zare@iau-arak.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2022-05-22, 1401/03/01

Expected recruitment end date

2022-08-23, 1401/06/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effectiveness of schema therapy on c cluster personality disorders (dependent disorder, obsessive-compulsive disorder) in middle-aged people.

Public title

The effectiveness of schema therapy on personality disorders (dependent disorder, obsessive-compulsive disorder) in middle-aged people.

Purpose

Education/Guidance

Inclusion/Exclusion criteria

Inclusion criteria:

Must be at least 30 years old and at most 45 years old Be employed Having dependent personality disorders Having avoidant personality disorders Having obsessive personality disorders Resident of Arak city

Exclusion criteria:

Having a drug addiction Do not be on medication People with mental retardation Having acute mental disorders

Age

From **30 years** old to **45 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **30**

Randomization (investigator's opinion)

Randomized

Randomization description

We randomly select the sample size from people who have referred to counseling centers in Arak and have the following conditions: Having cluster personality disorders c, being employed, living in Arak, middle-aged age group In this study, out of 30 people, the sample size that we will study is 15 people in the control group and 15 people in the experimental group by simple random method, so that the names are not written and we put them in a container. We put the remaining 15 names in the control group; in this method, each person has an equal chance with other people to be selected.

Blinding (investigator's opinion)

Not blinded

Blinding description

Placebo

Not used

Assignment

Parallel

Other design features

In this study, out of 30 people, the sample size that we will study is 15 people in the control group and 15 people in the experimental group by simple random method, so that the names are not written and we put them in a container. We put the remaining 15 names in the control group; in this method, each person has an equal chance with other people to be selected. For the intervention group, we start schema therapy (Schema: maladaptive patterns that are formed as behaviors in the individual's relationships from childhood.) We use techniques such as imaginative dialogue and mental visualization to modify schemas and coping styles.

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethics Committee of Islamic Azad University, Arak Branch

Street address

Islamic Azad University Arak Branch, 3rd km of Khomein road, Imam Khomeini Square , Arak, Iran

City

Arak

Province

Markazi

Postal code

3836119131

Approval date

2022-04-12, 1401/01/23

Ethics committee reference number

IR.IAU.ARAK.REC.1401.009

Health conditions studied

1

Description of health condition studied

Dependent personality disorder

ICD-10 code

F60.7

ICD-10 code description

Dependent personality disorder

2

Description of health condition studied

Obsessive-compulsive disorder

ICD-10 code

F42

ICD-10 code description

Obsessive-compulsive disorder

3

Description of health condition studied

Avoidant personality disorder

ICD-10 code

F60.6

ICD-10 code description

Avoidant personality disorder

Primary outcomes

1

Description
Dependent personality disorder
Timepoint
At the beginning of the study and one month later as the end of the study
Method of measurement
Millon Questionnaire

2

Description
Obsessive-compulsive disorder
Timepoint
At the beginning of the study and one month later as the end of the study
Method of measurement
Millon Questionnaire

3

Description
Avoidant personality disorder
Timepoint
At the beginning of the study and one month later as the end of the study
Method of measurement
Millon Questionnaire

Secondary outcomes

empty

Intervention groups

1

Description
Intervention group: There are 15 subjects in this group who are being treated. This treatment focuses on the individual's maladaptive schemas (schemas: deep and pervasive and repetitive patterns of behavior that have been formed since childhood) The number of sessions is ten sessions. In the first sessions, we introduce the members to each other and explain briefly and in simple language the schemas, how they are formed, the coping styles and the schema treatment in simple language, and in the next sessions we try. We have to find the schemas in the members. And after identifying with existing techniques such as imaginary dialogue, evaluating the advantages and disadvantages of schemas, teaching healthy adult reinforcement to individuals and establishing healthy communication.
Category
Behavior

2

Description
Control group: There are 15 subjects in this group who are not treated
Category
Behavior

Recruitment centers

1

Recruitment center
Name of recruitment center
Arak Azad University Counseling Center
Full name of responsible person
Mehri Rahmani
Street address
Islamic Azad University Arak Branch, 3rd km of Khomein road, Imam Khomeini Square , Arak, Iran
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Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Islamic Azad University
Full name of responsible person
Ali Hassani Joshaghani
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Email
ahj_ir@yahoo.com
Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
No
Title of funding source
Azad University of Arak
Proportion provided by this source
100
Public or private sector
Private
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
Somye Saadat Esmati
Position
Student
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Psychology
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Person responsible for scientific inquiries

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Ramin zare
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Associate professor
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Other areas of specialty/work
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Person responsible for updating data

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Full name of responsible person
Somaye Saadat Esmati
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Student
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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
No - There is not 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