# Clinical Trial Protocol
# Iranian Registry of Clinical Trials

06 Nov 2026

## Group schema therapy training on the severity of early maladaptive schemas, dysfunctional attitudes and self-concept of patients with social anxiety disorder

## Protocol summary

**Study aim**

Schema group therapy training is based on the severity of early maladaptive schemas,dysfunctional attitudes and self-concept of patients with social anxiety disorder

**Design**

The present study is a quasi-experimental study with a pretest-posttest design with a control group. The statistical population is 40 students with social anxiety disorder. In this method, only the experimental group is treated and the control group does not receive any intervention and both groups respond to the pre-test and post-test at the same time.

**Settings and conduct**

The statistical population of this study will be all students of Lahijan Azad University with social anxiety disorder in the academic year 1401-1400 who have the conditions to participate in this study. Beck's self-concept completes the dysfunctional attitudes of Wiseman and Beck, and only the experimental group is treated and the post-test will be performed at the end. In this study, Yang schema therapy protocol will be used for intervention.

**Participants/Inclusion and exclusion criteria**

Entry requirements: average age 19 to 40 years، Smoking and alcohol were banned. Do not take psychiatric drugs and do not use psychotherapy while attending treatment. Non-entry conditions: Patients with a clinical history of psychosis, obsessive-compulsive disorder, mental retardation, mania, major depression, neurological or serious medical conditions. Patients taking psychiatric medications. Reluctance to cooperate in research. Inability to attend meetings regularly.

**Intervention groups**

Students participating in the study conducted a social anxiety questionnaire by Connor et al., Young's early maladaptive schemas, Weisman and Beck dysfunctional attitudes, and completed Beck's self-concept as a pretest And then a post-test is taken.

**Main outcome variables**

Social Anxiety Disorder, Dysfunctional Attitudes, Self-Concept, Early maladaptive Schemas, Schema Therapy

## General information

**Reason for update**

**Acronym**

**IRCT registration information**

IRCT registration number: **IRCT20220503054731N1**
Registration date: **2022-06-10, 1401/03/20**
Registration timing: **prospective**

Last update: **2022-06-10, 1401/03/20**
Update count: **0**

**Registration date**

2022-06-10, 1401/03/20

**Registrant information**

**Name**

Azar Jamshidi chenari

**Name of organization / entity**

**Country**

Iran (Islamic Republic of)

**Phone**

+98 939 315 8962

**Email address**

azarjamshidi2018@gmail.com

**Recruitment status**

**Recruitment complete**

**Funding source**

**Expected recruitment start date**

2022-06-14, 1401/03/24

**Expected recruitment end date**

2022-07-15, 1401/04/24

**Actual recruitment start date**

empty

**Actual recruitment end date**

empty

**Trial completion date**

empty

**Scientific title**

Group schema therapy training on the severity of early maladaptive schemas, dysfunctional attitudes and self-concept of patients with social anxiety disorder

**Public title**

The effect of schema therapy on early maladaptive schemas, dysfunctional attitudes and self-concep

**Purpose**

Treatment

**Inclusion/Exclusion criteria**

**Inclusion criteria:**

All students of Islamic Azad University, Lahijan Branch Students between the ages of 19 and 40 Students with anxiety disorders

**Exclusion criteria:**

Patients with a clinical history of mental disorders Patients taking psychiatric medications

**Age**

From **19 years** old to **40 years** old

**Gender**

Both

**Phase**

N/A

**Groups that have been masked**

*No information*

**Sample size**

Target sample size: **40**

**Randomization (investigator's opinion)**

Randomized

**Randomization description**

Eligible samples after selection will be assigned to the control and intervention groups in a simple random method. For concealment, we use allocation concealment, which is the method used to execute random sequences on study participants so that the assigned group is not known before the individual is assigned. Using opaque envelopes sealed with random sequences in (Sealed, Sequentially Envelopes, Numbered), this method records each of the random sequences created on a card and the cards are enclosed in envelopes. Are placed in order. In order to maintain a random sequence, the envelopes are numbered in the same way on the outer surface. Finally, the letter envelopes are glued and placed in a box, respectively. At the beginning of the registration of participants, based on the order of entry of eligible participants to the study, one of the envelopes is opened in order and the assigned group of the participant is revealed.

**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 Lahijan Branch of Azad University

**Street address**

Alley 20, Baqer Al-Uloom2 Street, Volks Quarter, The end of Shahid Eftekhari Blv, Rasht.

**City**

Rasht

**Province**

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**Postal code**

4148934451

**Approval date**

2022-04-09, 1401/01/20

**Ethics committee reference number**

IR.IAU.LIAU.REC.1401.004

## Health conditions studied

### 1

**Description of health condition studied**

Patients with social anxiety disorder

**ICD-10 code**

F40.1

**ICD-10 code description**

Social phobias

## Primary outcomes

### 1

**Description**

Early maladaptive schemas in Yang Early maladaptive schemas questionnaire ( YSQ-SF )

**Timepoint**

Measurement of initial maladaptive schemas at the beginning of the study and after eight sessions of intervention

**Method of measurement**

Yang Early Incompatible Schemas Questionnaire ( YSQ-SF )

### 2

**Description**

Dysfunctional Attitudes in the Wiseman and Beck Dysfunctional Attitudes Questionnaire ( DAS-26 )

**Timepoint**

Measuring dysfunctional attitudes at the beginning of the study and after eight sessions of intervention

**Method of measurement**
Wiseman and Beck Inefficient Attitudes Questionnaire ( DAS-26 )

**3**

**Description**
Self-concept in Beck Self-Concept Questionnaire (BSCT)
**Timepoint**
Measurement of self-concept at the beginning of the study and after eight sessions of intervention
**Method of measurement**
Beck Self-Concept Questionnaire (BSCT)

**4**

**Description**
Social Anxiety Disorder in the Social Anxiety Questionnaire by Connor et al
**Timepoint**
Measurement of social anxiety at the beginning of the study and after eight sessions of intervention
**Method of measurement**
Questionnaire of social anxiety of Connor et al

## Secondary outcomes

empty

## Intervention groups

**1**

**Description**
Intervention group: Students of Lahijan Branch of Azad University. The statistical population of this study will consist of all students studying at the Islamic Azad University, Lahijan Branch in the academic year 1401-1400. The 40 students will be randomly selected and assigned to two groups (20 in the experimental group and 20 in the control group). In relation to therapeutic intervention and data collection, the following protocol and tools will be used: - Schema therapy protocol: In this research, the schema therapy protocol will be used for intervention. This protocol was developed by Yang et al. (1950). The protocol is presented in 8 sessions (60 minutes). All participants complete the Young Yang Early maladaptive Schema Questionnaire, Connor et al.'s Social Anxiety Questionnaire, Beck Self-Concept, Wiseman and Beck Dysfunctional Attitudes, and the experimental group is trained in Schema Therapy intervention. The consent form of participation in the research is provided to them and the necessary explanations are provided about the purpose and structure of the treatment, emphasis on doing homework and how to hold sessions, and the questions and ambiguities of the people present in the research are answered. They are mentally prepared to attend treatment sessions and the post-test will be performed after the end of the intervention period.
**Category**
Treatment - Other

**2**

**Description**
Control group: Students of Lahijan Branch of Azad University do not receive schema therapy training. The 40 students will be randomly selected and assigned to two groups (20 in the experimental group and 20 in the control group). All participants complete the Young Yang Early maladaptive Schema Questionnaire, Connor et al.'s Social Anxiety Questionnaire, Beck Self-Concept, Wiseman's Beck Incompetent Attitudes, and will be administered at the end of the post-test.
**Category**
Treatment - Other

## Recruitment centers

**1**

**Recruitment center**
**Name of recruitment center**
Islamic Azad University Lahijan Branch
**Full name of responsible person**
Azar Jamshidi Chenari
**Street address**
Lahijan Branch Of Azad University Complex, End Of Shaghayegh Street, Kashef Sharghi Street
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Lahijan
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414169-39515
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+98 939 315 8962
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Azarjamshidi2018@gmail.com

## Sponsors / Funding sources

**1**

**Sponsor**
**Name of organization / entity**
Islamic Azad University
**Full name of responsible person**
Hossein Khara
**Street address**
Alley 20, Baqer Al-Uloom2 Street, Volks Quarter, The End Of Shahid Eftekhari Blv, Rasht.
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**Phone**
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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**
Islamic Azad University
**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**
Islamic Azad University
**Full name of responsible person**
Azar Jamshidi Chenari
**Position**
Student
**Latest degree**
Bachelor
**Other areas of specialty/work**
Psychology
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Alley 20, Baqer Al-Uloom2 Street, Volks Quarter, The End Of Shahid Eftekhari Blv, Rasht.
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## Person responsible for scientific inquiries

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## Person responsible for updating data

**Contact**
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Azarjamshidi2018@gmail.com

## Sharing plan

**Deidentified Individual Participant Data Set (IPD)**
Yes - There is a plan to make this available
**Study Protocol**
No - There is not a plan to make this available
**Statistical Analysis Plan**
No - There is not 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**
The total results obtained from the results of the questionnaire and testing and performance improvement will be published.
**When the data will become available and for how long**
Access period starts 6 months after the results are published
**To whom data/document is available**

Data and other documents are available to all researchers in the field of research.

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

If other people request data and documentation, send a message to my personal email.

**From where data/document is obtainable**

Applicants should refer to Lahijan, Kashif Sharghi St., at the end of Shaghayegh St., Lahijan Branch of Azad University, to receive the required documents or data. Azar jamshidi chenari by phone number 09393158962 and email Azarjamshidi2018@gmail.com responsive.

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

Applicants should call 09393158962 or send an email to Azarjamshidi2018@gmail.com receive the required documents or data. Documents will be provided to them within 72 hours to a week.

**Comments**