

Clinical Trial Protocol

Iranian Registry of Clinical Trials

25 Jun 2026

The effectiveness of dialectical behavior therapy on reducing anger and negative perfectionism in perfectionist adolescents

Protocol summary

Study aim

1. Determining the effectiveness of dialectical behavior therapy on reducing negative perfectionism.
2. Determining the effectiveness of dialectical behavior therapy on reducing anger.

Design

Adolescent girls between 16 and 19 years old are in high school in Tehran. By purposive non-random sampling method, 3 to 5 samples are selected.

Settings and conduct

Purposeful non-random sampling method is selected by initial interview and by the scores of Frost Perfectionism Questionnaire and Siegel Anger Scale, then they are studied by AB design single subject.

Participants/Inclusion and exclusion criteria

The entry condition of teenage girls 16 to 19 who have the characteristic of negative perfectionism No entry of teenage girls who are not in this age range. Or they do not have the characteristic of negative perfectionism. This plan is not for teenage boys.

Intervention groups

There are two stages, introductory and therapeutic intervention. The preliminary stage is selected according to the interview and review of the results of the questionnaire. Then, based on the baseline plan, the intervention begins. In the therapeutic intervention phase, a 10-session treatment protocol is held, one hour a week. In this research, the skills of mindfulness, interpersonal relationships, emotion regulation and enduring suffering will be taught. The instructions for implementing the Dialectical Behavior Therapy Skills Package were based on the instructions introduced (by Linhan 1993). In addition to the interview session, an introductory session is held on the treatment approach and goals. The overall goal of DBT skills training is to help people change interpersonal behavioral, emotional, and thought patterns related to life problems.

Main outcome variables

Reduction of negative perfectionism; Reduce anger

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20220601055052N1**
Registration date: **2022-06-27, 1401/04/06**
Registration timing: **registered_while_recruiting**

Last update: **2022-12-07, 1401/09/16**

Update count: **1**

Registration date

2022-06-27, 1401/04/06

Registrant information

Name

Shiva Shaghaghishahri

Name of organization / entity

Education, District 9, Tehran

Country

Iran (Islamic Republic of)

Phone

+98 21 6600 4136

Email address

shiva.shaghaghi@gmail.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2022-06-15, 1401/03/25

Expected recruitment end date

2022-09-21, 1401/06/30

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effectiveness of dialectical behavior therapy on reducing anger and negative perfectionism in perfectionist adolescents

Public title

The effectiveness of dialectical behavior therapy on reducing anger and negative perfectionism in perfectionist adolescents

Purpose

Treatment

Inclusion/Exclusion criteria**Inclusion criteria:**

Teenage girls With the characteristic of negative perfectionism

Exclusion criteria:

Teenagers Boy Teenage girls without negative perfectionism

Age

From **16 years** old to **19 years** old

Gender

Female

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **3**

Randomization (investigator's opinion)

N/A

Randomization description**Blinding (investigator's opinion)**

Not blinded

Blinding description**Placebo**

Not used

Assignment

Single

Other design features**Secondary Ids**

empty

Ethics committees**1****Ethics committee****Name of ethics committee**

Research Ethics Committees of Shahid Beheshti University

Street address

Tehran,Evin,Shahid Shahriari Square

City

Tehran

Province

Tehran

Postal code

1983969411

Approval date

2022-04-30, 1401/02/10

Ethics committee reference number

IR.SBU.REC.1401.019

Health conditions studied**1****Description of health condition studied**

Negative perfectionism

ICD-10 code**ICD-10 code description****Primary outcomes****1****Description**

Reduction of negative perfectionism according to the scores of the questionnaire in the next baseline, shows the effect of dialectical behavior therapy skills training on the process of acceptance and change of the participant.

Timepoint

First baseline before intervention and then sessions 3, 6, 10 after therapeutic intervention

Method of measurement

The Frost Multidimensional Perfectionism Scale (FMPS)

2**Description**

Anger reduction after teaching dialectical behavior therapy skills in the next baseline is measured by a questionnaire and their effectiveness is measured.

Timepoint

First baseline before intervention and then sessions 3, 6, 10 after therapeutic intervention

Method of measurement

The Multidimensional Anger Inventory (MAI)

Secondary outcomes

empty

Intervention groups**1****Description**

Intervention group: Linhan dialectical behavior therapy intervention will teach skills related to mindfulness, distress tolerance, emotional regulation, and interpersonal efficiency during 10 one-hour weekly sessions. Treatment is provided individually.

Category

Treatment - Other

Recruitment centers**1****Recruitment center**

Name of recruitment center

Education, District 9, Tehran

Full name of responsible person

Shiva Shaghaghishahri

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Sabzezar Alley,Najarzadegan Alley,Azadi
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Sponsors / Funding sources

1

Sponsor

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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?

No

Title of funding source

Education, District 9, Tehran

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

Other

Person responsible for general inquiries

Contact

Name of organization / entity

Education, District 9, Tehran

Full name of responsible person

Shiva Shaghaghishahri

Position

MSc student

Latest degree

Bachelor

Other areas of specialty/work

Psychology

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Person responsible for scientific inquiries

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Person responsible for updating data

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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

Yes - There is 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

Yes - There is 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

Not applicable

Title and more details about the data/document

Individual data can be fully shared without identifying individuals.

When the data will become available and for how long

The therapeutic intervention lasts at least three months, then statistical analysis and generalization of results are performed. Then the research and defense of the research is done. The access period may start in the next 6 to 9 months.

To whom data/document is available

Everyone

Under which criteria data/document could be used

At the end of the research, the data can be used to determine the effect of dialectical behavior therapy on the variables under study.

From where data/document is obtainable

Publications that have published the research paper.

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

By searching for reputable specialized magazines or publications

Comments