

# 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

**Street address**

Sabzezar Alley,Najarzadegan Alley,Azadi  
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## Sponsors / Funding sources

### 1

**Sponsor**

**Name of organization / entity**

Education, District 9, Tehran

**Full name of responsible person**

Shiva shaghaghishahri

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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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**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**