Clinical Trial Protocol
Iranian Registry of Clinical Trials

07 Nov 2026

Effectiveness of a Short-Term Treatment Psychodynamic-Interpersonal Group Psychotherapy on Perfectionism, Self-Compassion, anxiety, depression, and interpersonal problem

Protocol summary

Study aim

The main goal: effectiveness of short-term psychodynamic-interpersonal group therapy for people with a severe level of perfectionism in reducing perfectionism and symptoms of anxiety, depression, and interpersonal problems and improving the level of self-compassion

Design

The general design of the research is in the framework of an experimental study with a clinical trial method of block randomization, and a pre-test-post-test design and a control group with follow-up periods of 1 and 4 months have been used to check the hypotheses.

Settings and conduct

The sample people were obtained through advertisement in the counseling centers of Tehran and Iran University of Medical Sciences, the intervention group under group therapy for perfectionism for 16 The weekly 90-minute session was held at the Faculty of Behavioral Sciences and Mental Health.

Participants/Inclusion and exclusion criteria

Entering Criteria • Age range between 18 and 35 years. • Not undergoing psychiatric and other psychological treatments at the same time • Obtaining a score of at least half a standard deviation higher than the average, in one of the Tehran multidimensional perfectionism scale tools or the perfectionistic self-expression scale. Criteria for exiting the research • Diagnosis of substance use disorder • Symptoms of psychosis • Severe borderline, schizotypal, antisocial, and paranoid personality disorders • Neurological diseases such as MS

Intervention groups

The intervention group includes the experimental group, which includes the short-term interpersonal dynamics therapy group on perfectionism, which are compared with the control group that does not receive any intervention (waiting list group).

Main outcome variables

Multidimensional perfectionism scale, perfectionistic self-presentation, perfectionistic cognition, anxiety, depression, interpersonal problems, self-compassion

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20220816055714N1**
Registration date: **2022-09-05, 1401/06/14**
Registration timing: **retrospective**

Last update: **2022-09-05, 1401/06/14**
Update count: **0**

Registration date

2022-09-05, 1401/06/14

Registrant information

Name

Shirzad Babaei

Name of organization / entity

Country

Iran (Islamic Republic of)

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Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2019-10-23, 1398/08/01

Expected recruitment end date

2019-11-22, 1398/09/01

Actual recruitment start date

2019-11-22, 1398/09/01

Actual recruitment end date

2019-12-22, 1398/10/01

Trial completion date

2020-08-22, 1399/06/01

Scientific title

Effectiveness of a Short-Term Treatment Psychodynamic-Interpersonal Group Psychotherapy on Perfectionism, Self-Compassion, anxiety, depression, and interpersonal problem

Public title

Effectiveness of a Short-Term Treatment Psychodynamic-Interpersonal Group Psychotherapy on Perfectionism

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria:

Age range between 18 and 35 years. Not undergoing other psychiatric and psychological treatments at the same time Obtaining a score of at least half a standard deviation higher than the average, in one of the tools of the Tehran Multidimensional Perfectionism Scale or the Perfectionistic Self-presentation Scale

Exclusion criteria:

Diagnosis of substance use disorder Symptoms of psychosis Severe borderline, schizotypal, antisocial, and paranoid personality disorders Neurological diseases such as M.S

Age

From **18 years** old to **35 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **30**

Actual sample size reached: **25**

Randomization (investigator's opinion)

Randomized

Randomization description

The primary sampling method in this research was targeted and accessible sampling based on research criteria. According to the existing protocol in this field and since the number of suitable samples for each group is between 8 and 10 people, in order to take into account the conditions of sample dropout during the research process, the number of 15 people was considered as a sample for each group. That is, among the volunteers and applicants for the study, according to the criteria for entering the study and after performing all the relevant evaluations, 30 people were selected as the research sample. They were placed in the experimental (intervention) group and the control group by block randomization and based on the degree of perfection and type of perfectionism, gender, and level of education. It was tried that variables such as age, sex, and education level between the two groups were matched and harmonized.

Blinding (investigator's opinion)

Not blinded

Blinding description

Placebo

Not used

Assignment

Parallel

Other design features

The sample group included 30 people who were block random divided into intervention and control groups. The intervention group underwent short-term dynamic interpersonal group therapy, and the control group did not receive any intervention during the intervention group. Both groups had pre-test, post-test and two follow-up periods of 1 month and 4 months.

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethics Committee of Iran University of Medical Sciences

Street address

Iran University of Medical Sciences, Hemat Highway, next to Milad Tower, Tehran

City

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1449614535

Approval date

2019-04-07, 1398/01/18

Ethics committee reference number

IR.IUMS.REC.1398.260

Health conditions studied

1

Description of health condition studied

Perfectionism

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description

Perfectionism Trait

Timepoint

Before the intervention, after the intervention, 1 month after the intervention, 4 months after the intervention

Method of measurement

self-report Multidimensional perfectionism scale

2

Description
Perfectionistic Self-Presentation
Timepoint
Before the intervention, after the intervention, 1 month after the intervention, 4 months after the intervention
Method of measurement
self-report perfectionistic self-presentation scale

3

Description
Perfectionistic Cognitions
Timepoint
Before the intervention, after the intervention, 1 month after the intervention, 4 months after the intervention
Method of measurement
self-report perfectionistic cognitions

Secondary outcomes

1

Description
Anxiety
Timepoint
Before the intervention, after the intervention, 1 month after the intervention, 4 months after the intervention
Method of measurement
Self-Report Beck Anxiety Inventory

2

Description
Depression
Timepoint
Before the intervention, after the intervention, 1 month after the intervention, 4 months after the intervention
Method of measurement
Self-Report Beck Depression Inventory

3

Description
Interpersonal Problems
Timepoint
Before the intervention, after the intervention, 1 month after the intervention, 4 months after the intervention
Method of measurement
Self-report inventory of interpersonal problems

4

Description
Self-Compassion
Timepoint
Before the intervention, after the intervention, 1 month after the intervention, 4 months after the intervention
Method of measurement
Self-report self-compassion scale

Intervention groups

1

Description
Intervention group: a closed group consisting of 12 people with a diagnosis of perfectionism who underwent short-term interpersonal dynamic group therapy for 16 weekly sessions for 90 minutes by a therapist and a Co-therapist based on the existing protocol and under supervision. To study the outcome of the treatment and compare it with the control group the pre-test, post-test, and follow-up evaluations in the multidimensional perfectionism (TMPS), Perfectionistic Self-Presentation(PSPS), Perfectionistic Cognition Inventory (PCI), Beck Anxiety Inventory (BAI), Beck Depression Inventory (BDI-II), Inventory of Interpersonal Problems (IIP), Self-Compassion Scale (SCS) was obtained.
Category
Behavior

2

Description
Control group: a closed group consisting of 13 people who were allocated by block randomization from the initial sampling and did not receive any intervention until the end of the research stages, i.e. the intervention process and the follow-up periods. Post-test and follow-up courses on multidimensional perfectionism (TMPS), Perfectionistic Self-Presentation(PSPS), Perfectionistic Cognition Inventory (PCI), Beck Anxiety Inventory (BAI), Beck Depression Inventory (BDI-II), Inventory of Interpersonal Problems (IIP), Self-Compassion Scale (SCS) was obtained.
Category
Other

Recruitment centers

1

Recruitment center
Name of recruitment center
Clinic of Faculty of Behavioral Sciences and Mental Health
Full name of responsible person
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Sponsors / Funding sources

1

Sponsor

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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

Iran University of Medical Sciences

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

Iran University of Medical Sciences

Full name of responsible person

Shirzad Babaei

Position

Ph.d student in clinical psychology of Iran University of Medical Sciences

Latest degree

Master

Other areas of specialty/work

Psychology

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Other areas of specialty/work

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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
Yes - There is a plan to make this available

Clinical Study Report
Yes - There is a plan to make this available

Analytic Code
Yes - There is a plan to make this available

Data Dictionary
Yes - There is a plan to make this available

Title and more details about the data/document
All data can potentially be shared after de-identifying individuals

When the data will become available and for how long
Start access after printing the results

To whom data/document is available
Academic researchers and researchers

Under which criteria data/document could be used
There are no other conditions

From where data/document is obtainable
Email address

What processes are involved for a request to access data/document
The researcher can have the data after the request

Comments