

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

17 Jun 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)

##### Phone

+98 87 3362 8788

##### Email address

shirzadbabaei@gmail.com

##### 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**

Tehran

**Province**

Tehran

**Postal code**

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**

Dr. Mahmood Dehghani

#### **Street address**

No. 1, Faculty of Behavioral Sciences and Mental Health, Tehran Institute of Psychiatry, Shahid Mansouri Street, Sattar Khan St., Niayesh St., Tehran. Ground floor, clinic

#### **City**

Tehran

#### **Province**

Tehran

#### **Postal code**

1445613111

#### **Phone**

+98 21 6655 1515

#### **Email**

mdehghani2004@gmail.com

**Web page address**

https://tip.iums.ac.ir/%D8%AF%D8%B1%D9%85%D8%A7%D9%86%DA%AF%D8%A7%D9%87-%D8%B1%D9%88%D8%A7%D9%86%D8%B4%D9%86%D8%A7%D8%B3%DB%8C

**Sponsors / Funding sources**

**1**

**Sponsor**

**Name of organization / entity**

Iran University of Medical Sciences

**Full name of responsible person**

Hossein Keyvani

**Street address**

Iran University of Medical Sciences, 5th floor of Iran Central Headquarters, Hemet Highway, next to Milad Tower, Tehran

**City**

Tehran

**Province**

Tehran

**Postal code**

1449614535

**Phone**

+98 21 8670 2504

**Email**

admins@iums.ac.ir

**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

**Street address**

Unit 5, Floor 3, Block 4, Sanaye o Maaden Apartments, Shahed St. Razi St. Shafa St. Pasdaran Boulevard

**City**

Sanandaj

**Province**

Kurdistan

**Postal code**

6616955995

**Phone**

+98 87 3362 8788

**Email**

shirzadbabaei@gmail.com

**Person responsible for scientific inquiries**

**Contact**

**Name of organization / entity**

Iran University of Medical Sciences

**Full name of responsible person**

Mahmood Dehghani

**Position**

Assistant Professor

**Latest degree**

Ph.D.

**Other areas of specialty/work**

Psychology

**Street address**

Faculty of Behavioral Sciences and Mental Health, Faculty of Behavioral Sciences and Mental Health, No. 1, Niayesh St., Shahid Mansouri St., Professors' Room, 2nd Floor, Tehran, Sattar Khan St.

**City**

Tehran

**Province**

Tehran

**Postal code**

1445613111

**Phone**

+98 21 6655 1656

**Email**

mdehghani2004@gmail.com

**Person responsible for updating data**

**Contact**

**Name of organization / entity**

Iran University of Medical Sciences

**Full name of responsible person**

Shirzad Babaei

**Position**

PhD student in clinical psychology of Iran University of Medical Sciences

**Latest degree**

Master

**Other areas of specialty/work**

Psychology

**Street address**

Unit 5, Floor 3, Block 4, Sanaye o Maaden

Apartments, Shahed St. Razi St. Shafa St. Pasdaran  
Boulevard

**City**

Sanandaj

**Province**

Kurdistan

**Postal code**

6616955995

**Phone**

+98 87 3362 8788

**Email**

shirzadbabaei@gmail.com

## 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**