

Clinical Trial Protocol

Iranian Registry of Clinical Trials

21 Jul 2026

Effectiveness of short-term Psychodynamic Interpersonal Psychotherapy in reducing the severity of students Perfectionism and qualitative analysis of change mechanisms

Protocol summary

Study aim

Evaluation the effectiveness of the interpersonal psychotherapy in reducing of perfectionism

Design

Randomisation clinical trial with experimental and control group double blinded on 30 participants will be done.

Settings and conduct

This study is conducted in the psychiatric clinic of the Faculty of Behavioral Sciences and Mental Health, Iran University of Medical Sciences. For the experimental group, psychotherapy interventions are conducted in the form of individual sessions to reduce the intensity of perfectionism for 20 of 45 minutes. The control group is on the waiting list. At the end of the study, in order to comply with research ethics, group therapy sessions will be conducted for the waiting group for 16 sessions. Random cursing will be done by the research team. The participants, the assessor, the data analyst and the monitoring committee will be blinded to the study.

Participants/Inclusion and exclusion criteria

Entry conditions: Having Perfectionism traits based on Perfectionism scale and study at the Iran University of Medical Sciences. Exit conditions: Having severe psychiatry diagnosis like Psychosis, Major depression and Drug dependency

Intervention groups

For the experimental group, psychotherapy interventions are conducted in the form of individual sessions to reduce the intensity of perfectionism for 20 of 45 minutes. The control group is on the waiting list. At the end of the study, in order to comply with research ethics, group therapy sessions will be conducted for the waiting group for 16 sessions.

Main outcome variables

The main outcome of this study is the reduction of the perfectionism trait based on perfectionism scales in

participants.

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20220814055694N1**

Registration date: **2023-08-29, 1402/06/07**

Registration timing: **prospective**

Last update: **2023-08-29, 1402/06/07**

Update count: **0**

Registration date

2023-08-29, 1402/06/07

Registrant information

Name

Fatemeh Hassanzadeh

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 21 6655 1655

Email address

hassanzadeh.f@iums.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2023-09-01, 1402/06/10

Expected recruitment end date

2023-09-06, 1402/06/15

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effectiveness of short-term Psychodynamic Interpersonal Psychotherapy in reducing the severity of students Perfectionism and qualitative analysis of change mechanisms

Public title

Effectiveness of Psychodynamic Interpersonal Psychotherapy in reducing the severity of students Perfectionism

Purpose

Education/Guidance

Inclusion/Exclusion criteria**Inclusion criteria:**

Having Perfectionism traits based on perfectionism scales Being student in Iran University Of Medical sciences

Exclusion criteria:

Diagnosis of sever Mental Health problems like psychosis, major Depression, Drug Dependency

Age

From **18 years** old to **60 years** old

Gender

Both

Phase

N/A

Groups that have been masked

- Participant
- Outcome assessor
- Data analyser
- Data and Safety Monitoring Board

Sample size

Target sample size: **30**

Randomization (investigator's opinion)

Randomized

Randomization description

Simple randomisation with random number table would be done. The direction of reading numbers will be from the top to the bottom of the table. Even numbers will be chosen for the intervention group and odd numbers for the experimental group. Then the researcher moves on the numbers and records the numbers and assigns them to different groups. Cards and sealed envelopes with a random sequence will be used for allocation concealment.

Blinding (investigator's opinion)

Double blinded

Blinding description

Participants, study evaluator, data analyst, monitoring committee should be blind in the study.

Placebo

Not used

Assignment

Parallel

Other design features**Secondary Ids**

empty

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

Iran University of Medical Sciences

Street address

No. 1, Sattarkhan Ave, Niayesh Ave, Shahid Mansouri Ave

City

Tehran

Province

Tehran

Postal code

1445613111

Approval date

2022-08-10, 1401/05/19

Ethics committee reference number

IR.IUMS.REC.1401.501

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

Perfectionism

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

Rate of perfectionism through multidimensional perfectionism scale

Timepoint

Before intervention, after intervention, 3 months later for following up

Method of measurement

Multidimensional Perfectionism Scale

Secondary outcomes

empty

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

Intervention group: Short-term interpersonal analytical psychotherapy interventions will be conducted on this group in the form of 20 individual sessions once a week for 45 minutes.

Category

Behavior

2

Description

Control group: Participants in this group will be on the waiting list. After the end of the study, in order to comply with ethics in research, group therapy intervention will be conducted for the control group for 16 sessions.

Category

Behavior

Recruitment centers

1

Recruitment center

Name of recruitment center

Iran University of Medical Sciences

Full name of responsible person

Fatemeh Hassanzadeh

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Iran University of Medical Sciences

Full name of responsible person

Dr. Mohsen Roshanpajoo

Street address

Faculty of behavioral Sciences and mental health,
Mansouri St, Sattar Khan St, Tehran

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roshanpajoo.m@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

Fatemeh hassanzadeh

Position

PhD Candidate of Clinical Psychology

Latest degree

Master

Other areas of specialty/work

Psychology

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Person responsible for scientific inquiries

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Person responsible for updating data

Contact

Name of organization / entity

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Sharing plan

Deidentified Individual Participant Data Set (IPD)

Undecided - It is not yet known if there will be a plan to make this available

Study Protocol

Undecided - It is not yet known if there will be a plan to make this available

Statistical Analysis Plan

Undecided - It is not yet known if there will be 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

Undecided - It is not yet known if there will be 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

Undecided - It is not yet known if there will be a plan to make this available