Clinical Trial Protocol
Iranian Registry of Clinical Trials

17 Sep 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

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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 Roshanpajooh

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

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roshanpajooh.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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Faculty of Behavioral Sciences and Mental Health, Mansouri St, Sattar Khan St, Tehran

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Person responsible for updating data

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Iran University of Medical Sciences
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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