

Clinical Trial Protocol

Iranian Registry of Clinical Trials

18 Sep 2026

The effectiveness of cognitive-behavioral therapy (CBT) on repetitive thoughts and the desire for isolation in homeless girls in Gorgan

Protocol summary

Study aim

A) The main goal: 1- Determining the effect of cognitive behavioral therapy (CBT) on repetitive thoughts and desire for isolation in homeless girls of Gorgan city.

Design

This is a semi-experimental research with a pre-test-post-test design with a control group. This plan consisted of two groups of subjects, both groups are measured twice, so that the first measurement is by performing a pre-test and the second measurement is by performing a post-test.

Settings and conduct

Homeless girls of Gorgan city

Participants/Inclusion and exclusion criteria

- Interested in participating in research - Be covered by the welfare of Gorgan city - Absence of mental disorders and no acute illness - Lack of history of psychological and drug treatments in recent months -Age -education -Using a mental health questionnaire B-Exit criteria: - Unwillingness and consent to participate in the research - Experience of participating in individual and group treatment programs at the same time as conducting research

Intervention groups

First, the sampling method was selected in a targeted non-random way and based on the criteria for entering the research, and then the selected samples were randomly assigned to two groups of 15 people, experimental and control.

Main outcome variables

repetitive thoughts about the future, desire for isolation

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20220610055123N1**

Registration date: **2023-10-25, 1402/08/03**

Registration timing: **retrospective**

Last update: **2023-10-25, 1402/08/03**

Update count: **0**

Registration date

2023-10-25, 1402/08/03

Registrant information

Name

fateme abedi firouzjaei

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 17 3216 2129

Email address

nahalabedi1997@gmail.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2022-02-20, 1400/12/01

Expected recruitment end date

2022-04-19, 1401/01/30

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effectiveness of cognitive-behavioral therapy (CBT) on repetitive thoughts and the desire for isolation in homeless girls in Gorgan

Public title

The effectiveness of cognitive-behavioral therapy (CBT) on repetitive thoughts about the future and the desire for

isolation

Purpose
Education/Guidance

Inclusion/Exclusion criteria
Inclusion criteria:
-Interested in participating in research - Be covered by the welfare of Gorgan city - Absence of mental disorders and no acute illness - Lack of history of psychological and drug treatments in recent months -Minimum age of participants 13 and Maximum age of participants 17 - education -Using a mental health questionnaire
Exclusion criteria:
- Unwillingness and consent to participate in the research Experience of participating in individual and group treatment programs at the same time as conducting research

Age
From **13 years** old to **17 years** old

Gender
Female

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **30**

Randomization (investigator's opinion)
Not randomized

Randomization description

Blinding (investigator's opinion)
Not blinded

Blinding description

Placebo
Not used

Assignment
Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Islamic Azad University - Sari Branch (Research Ethics Committee)

Street address

farahabad

City

sary

Province

Mazandaran

Postal code

48164194

Approval date

2022-08-22, 1401/05/31

Ethics committee reference number

IR.IAU.SARI.REC.1401.125

Health conditions studied

1

Description of health condition studied

Repetitive thoughts about the future and desire for isolation in homeless girls

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description

Repetitive thoughts about the future: In this research, repetitive thoughts about the future mean the score that a person obtained in the questionnaire of repeated thoughts about the future of Miranda et al. (2017) 16 questions.

Timepoint

The subjects of the experimental groups were subjected to cognitive behavioral training by Wilder Mott (2008) for 9 sessions once a week and each session lasted 90 minutes, while the control group did not receive any intervention.

Method of measurement

Questionnaire of repeated thoughts about the future of Miranda et al. (2017) 16 questions, desire for isolation (1387) 10 questions, mental health questionnaire (GHQ) Goldberg et al. (1979).

2

Description

Desire for isolation: In this research, the desire for isolation is the score that a person obtained in the 10-question questionnaire for the desire for isolation (2008).

Timepoint

The subjects of the experimental groups were subjected to cognitive behavioral training by Wilder Mott (2008) for 9 sessions once a week and each session lasted 90 minutes, while the control group did not receive any intervention.

Method of measurement

Questionnaire of repeated thoughts about the future of Miranda et al. (2017) 16 questions, desire for isolation (1387) 10 questions, mental health questionnaire (GHQ) Goldberg et al. (1979).

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: By random assignment, 15 people were replaced in the experimental group. In order to collect data, questionnaires of repeated thoughts about

the future of Miranda et al. (2017) and desire for isolation were used. Subjects of experimental groups were subjected to Wilder Mott (2008) cognitive-behavioral training for 9 sessions once a week and each session lasted 90 minutes. Data analysis was done using descriptive and inferential methods. In descriptive analysis, mean, standard deviation, tables, etc. were used, and in inferential statistics, multivariate covariance analysis was used by following the assumptions and using SPSS software version 24.

Category

Treatment - Other

2

Description

Control group: received no intervention

Category

Treatment - Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Department of social services, Golestan province, Gorgan

Full name of responsible person

Fatemeh Abedi Firouzjaei

Street address

Baharan Ave., Alimohammadi Blvd., Gorgan Town

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Islamic Azad University

Full name of responsible person

Dr. Hossein Kermanian

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Azad University of Sari, Farah Abad street, Sari Town, Mazandaran province

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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

Islamic Azad University

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

Islamic Azad University

Full name of responsible person

Fatemeh Abedi Firouzjaei

Position

Clinical Psychology Student, Master degree

Latest degree

Master

Other areas of specialty/work

Psychology

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Sharing plan

Deidentified Individual Participant Data Set (IPD)

No - There is not a plan to make this available

Justification/reason for indecision/not sharing IPD

No more information

Study Protocol

No - There is not a plan to make this available

Statistical Analysis Plan

No - There is not a plan to make this available

Informed Consent Form

No - There is not a plan to make this available

Clinical Study Report

No - There is not a plan to make this available

Analytic Code

Not applicable

Data Dictionary

Not applicable