Clinical Trial Protocol
Iranian Registry of Clinical Trials

13 Nov 2026

The effectiveness of cognitive-behavioral play therapy on anxiety, depression, resilience and Symptoms of mourning in children with prolonged grief Disorder: A single- subject research

Protocol summary

Study aim
The effectiveness of cognitive-behavioral play therapy on anxiety, depression, resilience and Symptoms of mourning in children with prolonged grief Disorder

Design
The clinical trial with two-month follow-up, without blinding, is available for 3 children with prolonged grief disorder of single case study type and AB design.

Settings and conduct
This study is carried out in the office of the Cultural Vice-Chancellor of Ferdowsi University of Mashhad (Dr. Asghari Nikah's room). The sessions are conducted as 12 individual treatment sessions, once a week for 45 minutes. There are 4 questionnaires that clients must fill before intervention, three times during 12 treatment sessions (fourth, eighth and twelfth sessions) and one month and two months after the end of treatment.

Participants/Inclusion and exclusion criteria
The age range is between 7 and 11 years, having lost at least one first-degree relative in the past year and meeting the criteria for prolonged bereavement disorder, according to the DSM-5-TR criteria, and having a conscious and voluntary willingness to participate in the research, the exclusion criteria of having physical diseases and significant mental disorders such as schizophrenia, retardation (diagnosed by an expert) and unwillingness to continue treatment

Intervention groups
cognitive-behavioral play therapy

Main outcome variables
anxiety, depression, resilience and Symptoms of mourning

General information

Reason for update

Acronym

IRCT registration information
IRCT registration number: **IRCT20221105056404N1**
Registration date: **2023-02-18, 1401/11/29**
Registration timing: **retrospective**

Last update: **2023-02-18, 1401/11/29**
Update count: **0**

Registration date
2023-02-18, 1401/11/29

Registrant information

Name
Atefeh sadat Mousavi

Name of organization / entity

Country
Iran (Islamic Republic of)

Phone
+98 51 3690 9367

Email address
atf.mousavi1995@semnan.ac.ir

Recruitment status
Recruitment complete

Funding source

Expected recruitment start date
2022-11-22, 1401/09/01

Expected recruitment end date
2022-12-21, 1401/09/30

Actual recruitment start date
empty

Actual recruitment end date
empty

Trial completion date
empty

Scientific title
The effectiveness of cognitive-behavioral play therapy on anxiety, depression, resilience and Symptoms of

mourning in children with prolonged grief Disorder: A single- subject research

Public title
The effect of cognitive behavioral game therapy on long-term bereavement disorder
Purpose
Education/Guidance
Inclusion/Exclusion criteria
Inclusion criteria:
Age range between 7 and 11 years Losing at least one first-degree relative within the past year and meeting criteria for prolonged bereavement disorder, according to criteria DSM-5-TR They had a conscious and voluntary desire to participate in the research Not receiving psychotherapy and medication before entering the research
Exclusion criteria:
Having significant physical and mental illnesses such as schizophrenia, retardation (with expert diagnosis) Reluctance to continue treatment
Age
From **7 years** old to **11 years** old
Gender
Both

Phase
N/A
Groups that have been masked
No information
Sample size
Target sample size: **3**
Randomization (investigator's opinion)
N/A
Randomization description
Blinding (investigator's opinion)
Not blinded
Blinding description
Placebo
Not used
Assignment
Single
Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee
Name of ethics committee
Ethics Committee of Semnan Faculty of Medical Sciences
Street address
Semnan University of Medical Sciences, Basij Square.
City
Semnan
Province
Semnan
Postal code
35147-99442
Approval date
2023-02-06, 1401/11/17
Ethics committee reference number
IR.SEMUMS.REC.1401.296

Health conditions studied

1

Description of health condition studied
Anxiety, depression, resilience and Symptoms of mourning in children with prolonged grief disorder
ICD-10 code
ICD-10 code description

Primary outcomes

1

Description
Symptoms of prolonged grief
Timepoint
Before starting the study, the fourth session, the eighth session, the twelfth session, one month after the end of the twelfth session, two months after the end of the twelfth session.
Method of measurement
Spuij et al. Inventory of Prolonged Grief for Children(IPC-G), (2011).

2

Description
Children's depression
Timepoint
Before starting the study, the fourth session, the eighth session, the twelfth session, one month after the end of the twelfth session, two months after the end of the twelfth session.
Method of measurement
Maria Kovacs, Children Depression Inventory (1958)

3

Description
Children's anxiety
Timepoint
Before starting the study, the fourth session, the eighth session, the twelfth session, one month after the end of the twelfth session, two months after the end of the twelfth session.
Method of measurement
Improved short-form children's anxiety scale (2018).

4

Description
resilience
Timepoint
Before starting the study, the fourth session, the eighth session, the twelfth session, one month after the end of

the twelfth session, two months after the end of the twelfth session.

Method of measurement

Surzykiewicz, Konaszewski and Wagneild (2018) Resilience Scale Short Form.

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: Cognitive-behavioral play therapy, 12 individual therapy sessions, (each session for 45 minutes), at the interval of therapy sessions once a week. Executive protocol based on the model taken from the book combining play therapy with cognitive behavior therapy by Athena Dors (2009), the book 101 play therapy techniques written by Heidi, Gerard Kadusen and Shafer Charles E. (1997).

Category

Behavior

Recruitment centers

1

Recruitment center

Name of recruitment center

Office of Dr. Asghari Nikah (Cultural Management and Voluntary Activities of Ferdowsi University of

Full name of responsible person

Dr. Seyed Mohsen Asghari Nikah

Street address

Cultural-Social and Student Vice-Chancellor Building, , Danesh Blvd, Ferdowsi University Campus, Azadi Square

City

Mashhad

Province

Razavi Khorasan

Postal code

9177948963

Phone

+98 51 3880 6472

Fax

+98 51 3880 7071

Email

Farhangi@um.ac.ir

Web page address

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Semnan University of Medical Sciences

Full name of responsible person

Dr. Majid Mirmohammadkhani

Street address

Research and Technology Vice-Chancellor, Central Headquarters of Semnan University of Medical Sciences, Basij Blvd

City

semnan

Province

Semnan

Postal code

3514799442

Phone

+98 23 3344 8999

Fax

Email

rds@semums.ac.ir

Grant name

Grant code / Reference number

Is the source of funding the same sponsor organization/entity?

Yes

Title of funding source

Semnan 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

Semnan University of Medical Sciences

Full name of responsible person

Atefeh Sadat Mousavi

Position

Master's student in clinical psychology

Latest degree

Bachelor

Other areas of specialty/work

Psychology

Street address

No. 14, the first intersection on the left, Tos 39, Tos Blvd.

City

Mashhad

Province

Razavi Khorasan

Postal code

9198856177

Phone

+98 51 3690 9367

Email

atf.mousavi1995@semnan.ac.ir

Person responsible for scientific inquiries

Contact

Name of organization / entity
Semnan University of Medical Sciences

Full name of responsible person
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Person responsible for updating data

Contact

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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
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

Title and more details about the data/document
The general results of the research will be published as a scientific article.

When the data will become available and for how long
The documents and research results will probably be published in 2023-2024.

To whom data/document is available
The complete document of the research will be provided to Semnan Faculty of Psychology. The results of the research will be provided to researchers in the form of articles.

Under which criteria data/document could be used
The results can be used by mentioning the number and type of the community and the research sample as well as the intervention carried out.

From where data/document is obtainable
Faculty of Psychology and Educational Sciences, Semnan University, Center for Information and Scientific Documents of the country (Iran Doc) or send a message to the researcher

What processes are involved for a request to access data/document
Visit Iran Doc or Semnan University library in person or send an email to the researcher one week later (atf.mousavi1995@semnan.ac.ir)

Comments