

Clinical Trial Protocol

Iranian Registry of Clinical Trials

31 May 2026

Investigation of Psychodrama on Emotion Regulation, Assertiveness and Crime Reduction in Anti-Social Personality Disorder

Protocol summary

Study aim

Investigation of Psychodrama on Emotion Regulation, Assertiveness and Crime Reduction in Antisocial Personality Disorder

Design

Clinical trial with a sample size of 30 patients, pre-test and post-test design with control group, unblinded, simple randomization, phase 1 on the experimental group of 15 people, lottery method was used for simple randomization.

Settings and conduct

After conducting the pre-test for both groups, for the experimental group, psychodrama therapy sessions were conducted in 12 sessions 90 minutes for 6 weeks in a group manner and with a sequence of two sessions per week.

Participants/Inclusion and exclusion criteria

Having the criteria of Antisocial Personality Disorder

Intervention groups

We have an experimental group consisting of 15 participants and a control group consisting of 15 participants. In order to check the effectiveness of psychodrama, we performed the process of treatment and intervention using psychodrama sessions on the members of the experimental group, and no treatment sessions were held for the control group, so that the difference between the two groups could be compared based on the results.

Main outcome variables

Emotion regulation, Assertiveness and Crime Reduction

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20221218056855N1**

Registration date: **2023-02-08, 1401/11/19**

Registration timing: **retrospective**

Last update: **2023-02-08, 1401/11/19**

Update count: **0**

Registration date

2023-02-08, 1401/11/19

Registrant information

Name

Soghra Javanbakht

Name of organization / entity

Country

Iran (Islamic Republic of)

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+98 61 3391 7793

Email address

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Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2022-05-01, 1401/02/11

Expected recruitment end date

2022-05-02, 1401/02/12

Actual recruitment start date

2022-05-01, 1401/02/11

Actual recruitment end date

2022-05-02, 1401/02/12

Trial completion date

2022-07-03, 1401/04/12

Scientific title

Investigation of Psychodrama on Emotion Regulation, Assertiveness and Crime Reduction in Anti-Social Personality Disorder

Public title

Effectiveness of Psychodrama on Antisocial Personality Disorder

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria:

Having the criteria of Antisocial Personality Disorder

Exclusion criteria:**Age**

No age limit

Gender

Male

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **30**

Actual sample size reached: **30**

Randomization (investigator's opinion)

Randomized

Randomization description

In the selection of the sample, a simple random method was used. First, each name was given a number, then they wrote that number on a piece of paper and put the closed papers in a plate. Finally, each time one of the papers was randomly removed.

Blinding (investigator's opinion)

Not blinded

Blinding description**Placebo**

Not used

Assignment

Other

Other design features**Secondary Ids**

empty

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

Ethics Committee of Ahvaz Islamic Azad University

Street address

Golestan Highway, Farhang Shahr, Main Blvd., Ahvaz
Branch Islamic Azad University

City

Ahvaz

Province

Khouzestan

Postal code

6134937333

Approval date

2022-05-08, 1401/02/18

Ethics committee reference number

IR.IAU.AHVAZ.REC.1401.069

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

Antisocial Personality Disorder

ICD-10 code

F60-F69

ICD-10 code description

Disorders of adult personality and behaviour

Primary outcomes**1****Description**

People with antisocial personality disorder

Timepoint

Before and after therapeutic intervention

Method of measurement

Clinical diagnostic interview based on DSM-5 criteria

Secondary outcomes**1****Description**

Emotion Regulation

Timepoint

Before and after therapeutic intervention

Method of measurement

Victor and Klonsky scale of difficulty in emotion regulation

2**Description**

Assertiveness

Timepoint

Before and after therapeutic intervention

Method of measurement

Herzberger et al Assertiveness questionnaire

3**Description**

Crime Reduction

Timepoint

Before and after therapeutic intervention

Method of measurement

Fazli questionnaire to measure attitudes towards delinquent Behaviors

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

Intervention group: Psychodrama treatment sessions for the experimental group were conducted in 12 90-minute sessions for 6 weeks in a group manner and with a sequence of two sessions per week at Ahvaz Correctional Center. Psychodrama sessions include emotion regulation, self-expression and crime reduction. The plan of treatment sessions was based on the book Drama Therapy (Amrai) and Psychodrama (Fathi). At first, familiarization of the group and creation of trust and

confidentiality, an overview of the goals and roles, time and structure and rules of the therapy sessions were stated. Then expressing the childhood memories of the members, choosing the first person and performing the memory by the patient, and in the continuation of the sessions, using psychodrama techniques to enter into the main problems of the people and address the variables of treatment and participation of the members. Finally, summing up the meetings and announcing the end of the group and saying goodbye.

Category

Treatment - Other

2**Description**

Control group: There was no treatment for this group.

Category

Other

Recruitment centers**1****Recruitment center****Name of recruitment center**

Ahvaz Correctional Center

Full name of responsible person

Dr Shahrokh Valizadeh

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Sepidar Ave

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Sponsors / Funding sources**1****Sponsor****Name of organization / entity**

Islamic Azad University

Full name of responsible person

Dr. Reza Johari fard

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Grant name**Grant code / Reference number****Is the source of funding the same sponsor organization/entity?**

No

Title of funding source

Ahvaz 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

Dr. Reza Joharifard

Position

Assistant Professor

Latest degree

Subspecialist

Other areas of specialty/work

Psychiatrics

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Person responsible for updating data

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Full name of responsible person

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Position

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Latest degree

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Other areas of specialty/work

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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