

# 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)

###### Phone

+98 61 3391 7793

###### Email address

soori.javanbakht27@gmail.com

##### 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

**Street address**

Sepidar Ave

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Khuzestan

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shahrokh.va@gmail.com

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

Islamic Azad University

**Full name of responsible person**

Dr. Reza Johari fard

**Street address**

Golestan Highway, Farhang Shahr, Islamic Azad University Ahvaz branch

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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 scientific inquiries****Contact****Name of organization / entity**

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**Full name of responsible person**

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**Latest degree**

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**Other areas of specialty/work**

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## Person responsible for updating data

**Contact**

**Name of organization / entity**

Islamic Azad University

**Full name of responsible person**

Soghra Javanbakht

**Position**

Master Graduate

**Latest degree**

Master

**Other areas of specialty/work**

Psychology

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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