

Clinical Trial Protocol

Iranian Registry of Clinical Trials

24 Jun 2026

package based on Improving criminal thinking, Ellis's rational-emotional approach, criminal thinking, self-control, impulsivity, escaperule, prisoners

Protocol summary

Study aim

The present study will be conducted with the aim of developing a criminal thinking reform package and comparing its effectiveness with Ellis's rational-emotional approach on criminal thinking, self-control, impulsivity and lawlessness in male prisoners.

Design

In order to examine the criminal thinking in prisoners and prepare the criminal thinking reform package, a qualitative research method of reflective content analysis will be used in the method emphasized by Claizi. In the quantitative part of the research, a semi-experimental design with a pre-test-post-test design and follow-up with a control group will be used.

Settings and conduct

This study is in the field of crime and will be conducted in the community of men in Ardakan prisoners. For this purpose, first in a qualitative study in the phenomenological way, a criminal thinking reform package will be designed and then its effectiveness will be compared with the Ellis method. The sample size was 45 people. Blinding will also be done in the researcher and statistical analyst section.

Participants/Inclusion and exclusion criteria

Conviction to serve the sentence in Ardakan prison; having at least six months of sentence; having at least middle school literacy; having the necessary cognitive ability to understand educational materials; not suffering from a physical or mental illness that prevents receiving training or disrupting the research process. Non-participation in the simultaneous research and written consent to participate in the research and exit criteria will include non-observance of group rules; absence of more than two sessions; amnesty or sudden release; consumption of drugs and psychotropic drugs.

Intervention groups

1- The package based on Improving criminal thinking; 2-

Ellis's rational-emotional approach; 3- Control group

Main outcome variables

Criminal thinking; self-control, impulsivity and escape rule

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20230218057442N1**

Registration date: **2023-05-11, 1402/02/21**

Registration timing: **retrospective**

Last update: **2023-05-11, 1402/02/21**

Update count: **0**

Registration date

2023-05-11, 1402/02/21

Registrant information

Name

Mehdi Shomali Ahmadabadi

Name of organization / entity

Isfahan (Khorasgan) Branch Islamic Azad University

Country

Iran (Islamic Republic of)

Phone

+98 35 3227 5203

Email address

mahdi_shomali@yahoo.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2023-02-03, 1401/11/14

Expected recruitment end date

2023-03-05, 1401/12/14

Actual recruitment start date

2023-02-03, 1401/11/14

Actual recruitment end date

2023-03-07, 1401/12/16

Trial completion date

2023-04-03, 1402/01/14

Scientific title

package based on Improving criminal thinking, Ellis's rational-emotional approach, criminal thinking, self-control, impulsivity, escaperule, prisoners

Public title

Package based on Improving criminal thinking, Ellis's rational-emotional approach, criminal thinking, self-control, impulsivity, escaperule, prisoners

Purpose

Education/Guidance

Inclusion/Exclusion criteria**Inclusion criteria:**

Conviction to serve the sentence in Ardakan prison
Having at least six months of sentence
Having at least middle school literacy
Having the necessary cognitive ability to understand educational materials
Not suffering from a physical or mental illness that prevents receiving training or disrupting the research process
No participation in the simultaneous research
Written consent to participate in the research

Exclusion criteria:

Disobeying the rules of the group
Missing more than two meetings
Amnesty or sudden release
Taking drugs and psychotropic drugs

Age

From **18 years** old to **50 years** old

Gender

Male

Phase

3

Groups that have been masked

- Participant
- Outcome assessor
- Data analyser
- Data and Safety Monitoring Board

Sample size

Target sample size: **51**

Actual sample size reached: **45**

Randomization (investigator's opinion)

Randomized

Randomization description

In order to select the sample, a simple randomization method and a table of random numbers will be used. For this purpose, first a list of sample members will be selected and then they will be selected for the group of 20 people using a table of random numbers and taking into account the possibility of dropping out.

Blinding (investigator's opinion)

Double blinded

Blinding description

The researcher will fully monitor the way the research is carried out in all stages, but the participants, analysts and evaluators will remain anonymous. Also,

participants, analysts and evaluators will be anonymous to each other.

Placebo

Not used

Assignment

Parallel

Other design features**Secondary Ids**

empty

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

Islamic Azad University - Isfahan Branch (Khorasgan)

Street address

Isfahan Azad University (Khorasgan)

City

Khorasgan

Province

Isfahan

Postal code

815513998

Approval date

2023-02-06, 1401/11/17

Ethics committee reference number

IR.IAU.KHUISF.REC.1401.355

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

Criminal thinking

ICD-10 code**ICD-10 code description****2****Description of health condition studied**

impulsiveness

ICD-10 code**ICD-10 code description****3****Description of health condition studied**

self control

ICD-10 code**ICD-10 code description****4****Description of health condition studied**

Lawlessness

ICD-10 code**ICD-10 code description**

Primary outcomes

1

Description

Criminal thinking

Timepoint

Pre-test - post-test - follow-up

Method of measurement

Psychological Inventory of Criminal Thinking Styles-Layperson Edition -Short Form (PICTS-L-SF)

2

Description

Self-control

Timepoint

Pre-test - post-test - follow-up

Method of measurement

Self- Control Scale (SCS)

3

Description

Impulsiveness

Timepoint

Pre-test - post-test - follow-up

Method of measurement

Dysfunctional Impulsivity Questionnaire (DFIQ)

4

Description

Escaperule

Timepoint

Pre-test - post-test - follow-up

Method of measurement

Antisocial Behavior at Workplace Scale

Secondary outcomes

empty

Intervention groups

1

Description

The first intervention group. In this group, the criminal thinking reform package, which was designed and standardized in a qualitative study, will be taught to the members of this group in 12 90-minute sessions. Also, this group will answer the questions of the research questionnaires in three stages (pre-test, post-test and follow-up).

Category

Rehabilitation

2

Description

Rational emotive behavior therapy (REBT) is a type of cognitive behavioral therapy (CBT) that aims to help a

person challenge unhelpful thoughts to avoid negative emotions or behaviors. REBT started in 1955 when Dr. Albert Ellis created the therapy as an action-oriented type of CBT. The content of Ellis' rational-emotional approach will be taught to the members of this group in 12 90-minute sessions. Also, this group will answer the questions of the research questionnaires in three stages (pre-test, post-test and follow-up).

Category

Rehabilitation

3

Description

Control group. An entry will not be made on this group and the people of this group will only pass the questions of the research questionnaires in three stages (pre-test, post-test and follow-up).

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center

Ardakan Prison

Full name of responsible person

dr. Mostafa Abedi

Street address

Ardakan Prison. Shahid Lajurdi St.

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Province

Yazd

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8914813191

Phone

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Email

s1400f2021@gmail.com

Web page address

<https://www.prisons.ir/service/Provinces/yazd>

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Islamic Azad University

Full name of responsible person

Dr. Zahra Yousefi

Street address

Azad University of Isfahan (Khorasgan), Faculty of Psychology

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Province

Isfahan

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3999881551

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Email

z.yousefi@khuisf.ac.ir

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

Ardakan University

Full name of responsible person

Yaser Rezapour Mirsaleh

Position

Associate Professor

Latest degree

Ph.D.

Other areas of specialty/work

Psychology

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Person responsible for scientific inquiries

Contact

Name of organization / entity

Isfahan (Khorasgan) Branch Islamic Azad University

Full name of responsible person

Mehdi Shomali Ahmadabadi

Position

Doctoral student

Latest degree

Master

Other areas of specialty/work

Psychology

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Person responsible for updating data

Contact

Name of organization / entity

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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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mahdi_shomali@yahoo.com

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

Yes - There is a plan to make this available

Data Dictionary

Yes - There is a plan to make this available

Title and more details about the data/document

The amount of availability and the method of publishing

the data will be based on the opinion of the research group and the final approval in the psychology research group and committee of Isfahan Azad University (Khorasgan).

When the data will become available and for how long

After the final approval in the psychology research group and committee of Isfahan Azad University (Khorasgan)

To whom data/document is available

Researchers, university professors and students who have received the necessary permission.

Under which criteria data/document could be used

If needed by researchers, review of received criticisms and scientific uses

From where data/document is obtainable

Sending the request to the researcher on behalf of the applicant, sending the request to the research team, presenting it to the psychology research group and committee of Isfahan Azad University (Khorasgan).

What processes are involved for a request to access data/document

Sending a request to the researcher on behalf of the applicant, sending a request to the research team, presenting it to the psychology research group and committee of Azad University of Isfahan (Khorasgan), agreeing or disagreeing with the group, determining the assignment

Comments