Clinical Trial Protocol
Iranian Registry of Clinical Trials

28 Oct 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)
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+98 35 3227 5203
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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
Isfehan
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.
City
Ardakan
Province
Yazd
Postal code
8914813191
Phone
+98 35 3222 1995
Fax
+98 35 3222 1995
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
City
Isfahan (Khorasgan)
Province

Isfehan
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3999881551
Phone
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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
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Person responsible for scientific inquiries

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Mehdi Shomali Ahmadabadi
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Doctoral student
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Master
Other areas of specialty/work
Psychology
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Isfehan
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+98 31 3535 4001
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Email
mahdi_shomali@yahoo.coom

Person responsible for updating data

Contact
Name of organization / entity
Islamic Azad University
Full name of responsible person
Mehdi Somali Ahmedabadi
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Doctoral student
Latest degree
Master
Other areas of specialty/work
Psychology
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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