

Clinical Trial Protocol

Iranian Registry of Clinical Trials

12 Jul 2026

Comparing the Effectiveness of Cognitive Group Therapy and Spiritual Therapy on Reducing Cravings, Relapse Prevention, Life Quality Improvement, Overall Function and Lifestyle of Addicts.

Protocol summary

Study aim

Comparing the effectiveness of cognitive therapy group and spiritual therapy on reducing cravings, preventing relapse, improving quality of life, general performance and lifestyle in addicts.

Design

clinical trial, with a control group, with a parallel group, unblinded, randomized, SPSS statistical software and will be analyzed with the help of inferential statistics and multiple covariance analysis, the sample size is 50 people

Settings and conduct

The clinical trial is conducted in the environment of the drug addiction camp on a sample and control group with a volume of 50 people and as a group treatment in two sessions per week and in a period of 1 month.

Participants/Inclusion and exclusion criteria

Addicted people / Exclusion criteria include age less than 18 or more than 60 years, lack of literacy, history of systemic disorders, history of suicide attempts, use of psychoactive drugs, narcotics, and alcohol in the past month. The entry criteria include a history of drug use and the age range of 18 to 60 years, and male persons, and having literacy and no history of systemic disorders and no history of suicide.

Intervention groups

The statistical population of the present study consists of a group of all addicted men hospitalized in Rozbeh Hospital and a group of camp addicts in Tehran. Using a random method, a sample of 50 people will be selected from among these men, who will be assigned to two experimental (25 people) and control (25 people) groups. The way to select the sample is that the audience is randomly selected from Rozbeh Hospital and Camp

Main outcome variables

Investigating the effectiveness of treatments in reducing the craving for drugs It examines the effectiveness of

treatments in preventing relapse Investigating the effectiveness of treatments on lifestyle Investigating the effectiveness of treatments on quality of life

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20230323057767N1**

Registration date: **2023-05-07, 1402/02/17**

Registration timing: **registered_while_recruiting**

Last update: **2023-05-07, 1402/02/17**

Update count: **0**

Registration date

2023-05-07, 1402/02/17

Registrant information

Name

Ghazal Panahi saeb

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 21 7757 5817

Email address

ghazalpanahi1824@gmail.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2023-05-05, 1402/02/15

Expected recruitment end date

2023-05-22, 1402/03/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Comparing the Effectiveness of Cognitive Group Therapy and Spiritual Therapy on Reducing Cravings, Relapse Prevention, Life Quality Improvement, Overall Function and Lifestyle of Addicts.

Public title

Investigation of cognitive therapy and spiritual therapy on drug addicts

Purpose

Treatment

Inclusion/Exclusion criteria**Inclusion criteria:**

Having a minimum age of 18 years and a maximum of 60 years Drug use history Being literate in reading and writing Absence of systemic disorders No history of suicide attempts No use of psychoactive drugs, narcotics, alcohol in the last month

Exclusion criteria:

Age less than 18 or more than 60 years Lack of literacy History of systemic disorders Having a history of suicide attempts Use of psychoactive drugs, drugs, alcohol in the last month

AgeFrom **18 years** old to **60 years** old**Gender**

Male

Phase

N/A

Groups that have been masked*No information***Sample size**Target sample size: **50****Randomization (investigator's opinion)**

Randomized

Randomization description

Simple random method Individual type Using statistical software Random sequence construction

Blinding (investigator's opinion)

Not blinded

Blinding description**Placebo**

Not used

Assignment

Parallel

Other design features**Secondary Ids**

empty

Ethics committees**1****Ethics committee**

Name of ethics committee

Ethics Committee of Tehran University of Medical Sciences

Street address

Unit 3. Plate 15. Islamic Alley. Madani Street

City

tehran

Province

Tehran

Postal code

1617784311

Approval date

2023-04-19, 1402/01/30

Ethics committee reference number

IR.TUMS.MEDICINE.REC.1402.033

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

Substance abuse

ICD-10 code

F10.19

ICD-10 code description

Alcohol abuse with unspecified alcohol-induced disorder

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

Substance abuse

Timepoint

First the research project and the end of the project

Method of measurement

With the help of the tests taken in the first stage of the treatment, such as measuring cravings

Secondary outcomes

empty

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

Intervention group: cognitive and behavioral therapy intervention for a group consisting of 8 to 12 people who are hospitalized in the camp is conducted in two sessions a week and lasts for 90 minutes. A shortened version of cognitive and behavioral therapy for addicts is used. To join the group, people must be the same in the type of substance consumed and the amount of hospitalization in the camp. Sessions are conducted based on cognitive and behavioral techniques, and the result is compared to another intervention group, which is spiritual therapy

Category

N/A

2

Description

Intervention group: the intervention of spiritual therapy for a group consisting of 8 to 12 people who are hospitalized in the camp is carried out in two sessions a week and lasts for 90 minutes. The shortened version of spiritual therapy is used for addicts. To join the group, people must be the same in the type of substance consumed and the amount of hospitalization in the camp. The sessions are based on spiritual therapy techniques and the result is compared to another intervention group which is cognitive and behavioral therapy

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center

Alder drug addiction camp

Full name of responsible person

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Islamic Azad University

Full name of responsible person

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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

Islamic Azad University, Tehran West Branch

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

Ghazal Panahi Saeb

Position

Student

Latest degree

Master

Other areas of specialty/work

Psychology

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Person responsible for updating data

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Sharing plan

Deidentified Individual Participant Data Set (IPD)

No - There is not a plan to make this available

Justification/reason for indecision/not sharing IPD

There is no further information

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