

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

10 Jun 2026

### Comparing the Effectiveness of Face-to-face Cognitive Behavioral Therapy and Internet-Based Cognitive Behavioral Therapy in People with Dependent Personality Disorder

#### Protocol summary

##### Study aim

Comparing the Effectiveness of Face-to-face Cognitive Behavioral Therapy and Internet-Based Cognitive Behavioral Therapy in Dependent Personality Disorder symptoms

##### Design

Clinical trial, Randomized, on 30 patients. The rand function of Excel software was used for randomization.

##### Settings and conduct

In this research, after receiving the code of ethics from Shahid Beheshti University of Medical Sciences ethics committee, the sample people are selected based on the Inclusion criteria and then after the initial interview according to SCID-5-RV, (SCID-5-PD), (SCID 5-SPQ) and declaring their willingness to participate in the meetings, explanations about the research are given to them. All participants complete the (DASS-21) and (IIP-32) questionnaires before starting the treatment during the introductory session and then immediately after the course.

##### Participants/Inclusion and exclusion criteria

Inclusion criteria: primary diagnosis of Dependent Personality Disorder, Exclusion criteria: had a diagnosis of antisocial, schizotypal, schizoid, and borderline personality disorder, were at high risk of suicide.

##### Intervention groups

Intervention group 1 and 2: all clients to psychological treatment centers in Tehran, which for 15 sessions once a week for 60 minutes, intervention group 1 underwent face-to-face cognitive behavioral therapy (cbt) and intervention group 2 underwent Internet-Based cbt (according to the book of Cognitive Behavior Therapy of DSM-5 Personality Disorders, Assessment, Case Conceptualization, and Treatment). The content of the sessions: assessment and socialization with therapy, teaching behavioral and cognitive interventions, and teaching the patient to categorize distorted spontaneous

thoughts and challenging spontaneous thoughts and related dysfunctional schemas.

##### Main outcome variables

Depression, Anxiety, Stress !Interpersonal Problems

#### General information

##### Reason for update

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT20211223053494N5**

Registration date: **2023-06-03, 1402/03/13**

Registration timing: **prospective**

Last update: **2023-06-03, 1402/03/13**

Update count: **0**

##### Registration date

2023-06-03, 1402/03/13

##### Registrant information

##### Name

Jafar Sarani yaztappeh

##### Name of organization / entity

##### Country

Iran (Islamic Republic of)

##### Phone

+98 17 1334 1894

##### Email address

sarani.jafar@yahoo.com

##### Recruitment status

**Recruitment complete**

##### Funding source

##### Expected recruitment start date

2023-06-05, 1402/03/15

##### Expected recruitment end date

2023-09-06, 1402/06/15

##### Actual recruitment start date

empty  
**Actual recruitment end date**  
empty  
**Trial completion date**  
empty

**Scientific title**

Comparing the Effectiveness of Face-to-face Cognitive Behavioral Therapy and Internet-Based Cognitive Behavioral Therapy in People with Dependent Personality Disorder

**Public title**

Effectiveness of Cognitive Behavioral Therapy in Dependent Personality Disorder

**Purpose**

Education/Guidance

**Inclusion/Exclusion criteria**

**Inclusion criteria:**

age range of 18-65 years, primary diagnosis of Dependent Personality Disorder, were fluent in Persian.

**Exclusion criteria:**

Having current Diagnostic and Statistical Manual of Mental Disorders, Fifth Edition (DSM-5) diagnostic criteria for schizophrenia spectrum disorder, bipolar I disorder, neurocognitive disorder, and substance-related disorder had a diagnosis of antisocial, schizotypal, schizoid, and borderline personality disorder were at high risk of suicide had a history of Cognitive behavioral therapy for the last four years

**Age**

From **18 years** old to **65 years** old

**Gender**

Both

**Phase**

N/A

**Groups that have been masked**

*No information*

**Sample size**

Target sample size: **30**

**Randomization (investigator's opinion)**

Randomized

**Randomization description**

Randomization will be simple randomization. The randomization unit is individual. Excel software is used for randomization. Subjects will be randomly assigned to two groups, intervention group 1 and intervention group 2, based on the randomization part of Excel. In this way, all the names are entered into Excel and we will create a random number in Excel using the Random Number Generation option in the Toolback Analysis section. Even numbers are in intervention group 1 and odd numbers are in intervention group 2.

**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**

Research Ethics Committees of School of Medicine - Shahid Beheshti University of Medical Sciences

**Street address**

School of Medicine, next to the University Headquarters, Shahid Beheshti University of Medical Sciences, Shahid Chamran Evin Highway, Tehran.

**City**

Tehran

**Province**

Tehran

**Postal code**

1985717443

**Approval date**

2023-05-02, 1402/02/12

**Ethics committee reference number**

IR.SBMU.MSP.REC.1402.060

**Health conditions studied**

**1**

**Description of health condition studied**

Dependent personality disorder

**ICD-10 code**

F60.7

**ICD-10 code description**

Dependent personality disorder

**Primary outcomes**

**1**

**Description**

Depression, anxiety and stress score in Lovibond and Lovibond scale (DASS-21)

**Timepoint**

At the beginning of the study (before the intervention), after the intervention

**Method of measurement**

Depression, Anxiety, Stress Scale (DASS-21)

**2**

**Description**

Score of interpersonal problems in Barkham questionnaire

**Timepoint**

At the beginning of the study (before the intervention), after the intervention

**Method of measurement**

Inventory of Interpersonal Problems (IIP-32)

## Secondary outcomes

empty

## Intervention groups

### 1

#### Description

Intervention group 1: includes all clients to psychological treatment centers in Tehran who received face-to-face cognitive behavioral therapy (according to the book of Cognitive Behavior Therapy of DSM-5 Personality Disorders, Assessment, Case Conceptualization, and Treatment) for 15 sessions once a week for 60 minutes. The content of the first to third sessions: assessment and Socialization with treatment, behavioral and cognitive intervention training, the content of the fourth to eighth sessions of behavioral intervention training, including assertiveness and communication skills training. Cognitive skills include teaching and practicing problem-solving skills, teaching autonomy and self-control, emotional skills-emotional inhibition and division of emotions; Perceptual skills of having a wide view, stopping thinking, distancing emotionally, physiological skills such as relaxation training and meditation. and performing graded tasks, teaching the connection between spontaneous thoughts and the patient's feelings, teaching the patient to categorize distorted spontaneous thoughts and challenging spontaneous thoughts and dysfunctional schemas related to dependency and disability. The content of the 9th to 15th sessions is the continuation of behavioral and cognitive interventions to identify and challenge spontaneous thoughts during the treatment sessions and preparation for the end of the sessions.

#### Category

Treatment - Other

### 2

#### Description

Intervention group 2: includes all clients to psychological treatment centers in Tehran who individually received Internet-Based Cognitive Behavioral Therapy (according to the book of Cognitive Behavior Therapy of DSM-5 Personality Disorders, Assessment, Case Conceptualization, and Treatment) for 15 sessions once a week for 60 minutes. The content of the first to third sessions: assessment and Socialization with treatment, behavioral and cognitive intervention training, the content of the fourth to eighth sessions of behavioral intervention training, including assertiveness and communication skills training. Cognitive skills include teaching and practicing problem-solving skills, teaching autonomy and self-control, emotional skills-emotional inhibition and division of emotions; Perceptual skills of having a wide view, stopping thinking, distancing emotionally, physiological skills such as relaxation training and meditation. and performing graded tasks, teaching the connection between spontaneous thoughts and the patient's feelings, teaching the patient to categorize distorted spontaneous thoughts and

challenging spontaneous thoughts and dysfunctional schemas related to dependency and disability. The content of the 9th to 15th sessions is the continuation of behavioral and cognitive interventions to identify and challenge spontaneous thoughts during the treatment sessions and preparation for the end of the sessions.

#### Category

Treatment - Other

## Recruitment centers

### 1

#### Recruitment center

##### Name of recruitment center

Taleghani Hospital

##### Full name of responsible person

Jafar Sarani Yaztappeh

##### Street address

Psychology Group, Floor4, Taleghani hospital, Erabi Ave., Yaman Ave., Chamran highway

##### City

Tehran

##### Province

Tehran

##### Postal code

1985711151

##### Phone

+98 21 2303 1548

##### Email

sarani.jafar@yahoo.com

## Sponsors / Funding sources

### 1

#### Sponsor

##### Name of organization / entity

Shahid Beheshti University of Medical Sciences

##### Full name of responsible person

Afsin Zarghi

##### Street address

Vice-Chancellor of Research Affairs, Shahid Beheshti University of Medical Sciences, Next to Taleghani hospital, Erabi Ave., Chamran highway

##### City

Tehran

##### Province

Tehran

##### Postal code

19839-63113

##### Phone

+98 21 2243 9770

##### Email

Info@sbmu.ac.ir

#### Grant name

#### Grant code / Reference number

#### Is the source of funding the same sponsor organization/entity?

Yes

#### Title of funding source

Shahid Beheshti University of Medical Sciences

**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**

Shahid Beheshti University of Medical Sciences

**Full name of responsible person**

Hoda Doos Ali Vand

**Position**

Assistant Professor

**Latest degree**

Ph.D.

**Other areas of specialty/work**

Psychology

**Street address**

Psychology Group, Floor4, Taleghani hospital, Erabi Ave., Yaman Ave., Chamran highway

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**Person responsible for scientific inquiries****Contact****Name of organization / entity**

Shahid Beheshti University of Medical Sciences

**Full name of responsible person**

Hoda Doos Ali Vand

**Position**

Assistant Professor

**Latest degree**

Ph.D.

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**Person responsible for updating data****Contact****Name of organization / entity**

Shahid Beheshti University of Medical Sciences

**Full name of responsible person**

Jafar Sarani Yaztappeh

**Position**

Ph.D Student

**Latest degree**

Master

**Other areas of specialty/work**

Psychology

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**Province**

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**Email**

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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 more 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**

Yes - There is a plan to make this available

**Clinical Study Report**

Yes - There is 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**

No - There is not a plan to make this available

**Title and more details about the data/document**

The main report will publish in appropriate articles

**When the data will become available and for how long**

6 Months after Article Publication

**To whom data/document is available**

Only for Scientific and Academic Researchers

**Under which criteria data/document could be used**

Only for Analysis and Researches around the main topic

of this study

**From where data/document is obtainable**

Contact with Mr. Jafar Sarani Yaztappeh by this email address: sarani.jafar@yahoo.com

**What processes are involved for a request to access**

**data/document**

Documents will send to his email address, approximately 2 month after request.

**Comments**