

Clinical Trial Protocol

Iranian Registry of Clinical Trials

20 Jul 2026

The effectiveness of imagery rescripting and reprocessing therapy on cognitive fusion and cognitive avoidance of students with general anxiety disorder

Protocol summary

Study aim

the aim of this study is to investigate the effect of imagery rescripting and reprocessing on cognitive fusion and cognitive avoidance in students with general anxiety disorder. This research is applied in terms of its purpose and quasi-experimental in terms of data collection, with pre-test, post-test, and follow-up with a control group.

Design

This research is applied in terms of purpose and quasi-experimental research in terms of data collection, including pretest, posttest, and follow-up with a control group. the statistical population of this study is all female Second high school students. Using purposive sampling, 30 students with generalized anxiety disorder were selected. Then it will be randomly placed in the experimental and control groups.

Settings and conduct

To carry out this research with the necessary coordination, Second secondary schools are referred to. After consultation with the school administration and staff, including the school counselor and study the advisory case, students who probably have generalized anxiety disorder, Denoted. Then, Spitzer et al.'s (2006) generalized anxiety questionnaire is provided to them, students whose total score is more than 15 are identified. Finally, people with pervasive anxiety are identified. Among them, those who are willing to participate in the research are determined by an interview with the students and their parents, and they are randomly assigned to the experimental and control groups.

Participants/Inclusion and exclusion criteria

High school students (14 to 18 years old) in Sanandaj city with general anxiety

Intervention groups

Experimental group: 12 sessions of imagery rescripting and reprocessing Control group: They do not receive any

intervention.

Main outcome variables

general anxiety

General information

Reason for update

Acronym

IRRT

IRCT registration information

IRCT registration number: **IRCT20230417057932N1**

Registration date: **2023-07-24, 1402/05/02**

Registration timing: **registered_while_recruiting**

Last update: **2023-07-24, 1402/05/02**

Update count: **0**

Registration date

2023-07-24, 1402/05/02

Registrant information

Name

Anvar Dastbaz

Name of organization / entity

The University of Kurdistan

Country

Iran (Islamic Republic of)

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+98 87 3372 5050

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Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2023-07-17, 1402/04/26

Expected recruitment end date

2023-08-01, 1402/05/10

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effectiveness of imagery rescripting and reprocessing therapy on cognitive fusion and cognitive avoidance of students with general anxiety disorder

Public title

The effectiveness of imagery rescripting and reprocessing therapy

Purpose

Education/Guidance

Inclusion/Exclusion criteria**Inclusion criteria:**

Being secondary school students and Residence in school while researching the age of participants must be 14-18 years having generalized anxiety disorder (Diagnosis based on the general anxiety questionnaire of Spitzer et al. (2006) and an interview by an experienced psychologist according to the DSM-5-TR criteria)

Exclusion criteria:

the existence of a chronic and debilitating disease in the student, concurrent mental disorders participation in similar courses with independent variable in the past or now use of psychiatric drugs

AgeFrom **14 years** old to **18 years** old**Gender**

Female

Phase

N/A

Groups that have been masked*No information***Sample size**Target sample size: **30****Randomization (investigator's opinion)**

Randomized

Randomization description

Randomization method: simple randomization
Randomization Unit: Individual Randomization Layers:
None Randomization tool: table of random numbers
How to make a random sequence: Sample people are randomly placed in a list, then even numbers are placed in one group and odd numbers are placed in another group, then the groups are randomly placed, one of them in the test and control group. Explanation about allocation concealment: The process of placing people in random groups and control will be done by a person who has no knowledge of the research process and the groups.

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**

University of Kurdistan (Ethics Committee)

Street address

University of Kurdistan

City

Sanndej

Province

Kurdistan

Postal code

15175- 66177

Approval date

2022-12-31, 1401/10/10

Ethics committee reference number

IR.UOK.REC.1401.027

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

Generalized anxiety disorder

ICD-10 code

F41.1

ICD-10 code description

Generalized anxiety disorder

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

cognitive fusion

Timepoint

Pre-test (before the intervention), post-test (after the intervention), follow-up (2 months after the intervention)

Method of measurement

Standard Cognitive Fusion Questionnaire Gillanders & Et al (2014)

2**Description**

Cognitive Avoidance

Timepoint

Pre-test (before the intervention), post-test (after the intervention), follow-up (2 months after the intervention)

Method of measurement

Cognitive Avoidance Questionnaire Sexton and Dugas (2008)

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: The effectiveness of imagery rescripting and reprocessing therapy First session : the concept of IRRT and its relationship with thoughts. second and third session : Accurately recognizing distressing thoughts and images and their relationship with mood and behavior. Fourth session : Practice of muscle relaxation and visualization of intrusive thoughts and images. fifth session : Guided and directive mental Imagery training. sixth session: Teaching mental rotation and mental review techniques. seventh session: Cognitive reconstruction exercise for Negative thoughts and distressing Images. eighth session: Employing trained teaching techniques. ninth session: Practice of muscular relaxation and visualization of intrusive thoughts and images. tenth and eleventh sessions: Employment of trained teaching techniques. twelfth session: Practice and repetition of trained teaching techniques

Category

Behavior

2

Description

Control group: Intervention is not provided

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center

مرکز مشاوره ادراه کل آموزش و پرورش

Full name of responsible person

Ali Soleimani

Street address

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

University of Kurdistan

Full name of responsible person

Ali Akbar Mozafari

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Fax

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info@uok.ac.ir

Web page address

Grant name

Grant code / Reference number

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

Yes

Title of funding source

University of Kurdistan

Proportion provided by this source

50

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

University of Kurdistan

Full name of responsible person

Anvar Dastbaz

Position

Assistant Professor

Latest degree

Ph.D.

Other areas of specialty/work

Psychology

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Person responsible for scientific inquiries

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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

In this research, the intervention program of the sessions along with the average scores in the pre-test, post-test and follow-up phases are presented without identifying the names of the participants, and the final results are also mentioned.²

When the data will become available and for how long

1 month after printing the results

To whom data/document is available

for all

Under which criteria data/document could be used

No conditions are required

From where data/document is obtainable

email

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

1 Month

Comments