Clinical Trial Protocol
Iranian Registry of Clinical Trials

16 Sep 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
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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
Age
From **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

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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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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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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