

Clinical Trial Protocol

Iranian Registry of Clinical Trials

16 Jul 2026

Examining the effect of EFT (Emotional Freedom Technique) on the feeling of "craving" (Food)Craving (in overweight and obese clients

Protocol summary

Study aim

Determining the effect of EFT method on the feeling of "craving" in overweight and obese clients of Imam Ali Shahrekord Clinic in 1402-1403

Design

A clinical trial with a control group, one blind strain, randomized, two groups of 17 people

Settings and conduct

40 patients of the Imam Ali Clinic in Shahrekord were voluntarily divided into two groups and at the same time pre-examination and weight loss recommendations were given to the people (without providing a diet). EFT is presented to the experimental group during 8 sessions. Every two weeks and in the last session for the purpose of the post-test and also after four weeks to follow up the effectiveness of the treatment, the final questionnaire is completed by the participants. In order to blind the researcher, pre-test and post-test questionnaires with specific numerical codes are given to the person who intends to score them.

Participants/Inclusion and exclusion criteria

Referees to Imam Ali Shahrekord clinic/age over 19 years/willingness to participate in the study/BMI over 25 Not having obvious mental illnesses such as specific mood disorders, depression based on the GHQ questionnaire / not suffering from severe liver disease, diabetes and kidney problems ; Failure to comply with the project protocol, suffering from any disease or disorder during the study that prevents the patient from implementing the study protocol.

Intervention groups

EFT is performed during 8 sessions, one session per week, for the experimental group; to rate the effect of EFT on their cravings. The final questionnaire is completed every two weeks and the last session for the purpose of the post-test and four weeks later to follow up the effectiveness of the treatment.

Main outcome variables

cravings; anthropometric indicators

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20230823059243N1**

Registration date: **2024-01-18, 1402/10/28**

Registration timing: **prospective**

Last update: **2024-01-18, 1402/10/28**

Update count: **0**

Registration date

2024-01-18, 1402/10/28

Registrant information

Name

Zahra Sayadi

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 38 3335 9091

Email address

z7sayadi7@gmail.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2024-04-03, 1403/01/15

Expected recruitment end date

2024-06-04, 1403/03/15

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Examining the effect of EFT (Emotional Freedom Technique) on the feeling of "craving" (Food)Craving (in overweight and obese clients		control).
Public title	Examining the effect of EFT (Emotional Freedom Technique) on the feeling of "craving" (Food)Craving (in overweight and obese clients	Placebo Not used
Purpose	Supportive	Assignment Parallel
Inclusion/Exclusion criteria	Inclusion criteria: Referring to Imam Ali Clinic Shahrekord Willingness to participate in the study BMI above 25 No obvious mental illnesses such as certain mood disorders, depression based on GHQ mental health questionnaire Lack of severe liver disease (liver failure), diabetes and kidney problems Aga over 19 years Exclusion criteria: Severe liver disease (liver failure), diabetes and kidney problems Not having an acceptable score based on GHQ Mental Health Questionnaire Risk of imminent suicide and any substance abuse or alcohol dependence	Other design features
Age	From 19 years old	Secondary Ids empty
Gender	Both	Ethics committees 1
Phase	N/A	Ethics committee Name of ethics committee Ethics Committee of Shahr e kord University of Medical Sciences Street address kashani City Shahr e kord Province Chahar-Mahal-va-Bakhtiari Postal code ۸۸۱۵۷۱۳۴۷۱
Groups that have been masked	Investigator	Approval date 2024-01-03, 1402/10/13 Ethics committee reference number IR.SKUMS.MED.REC.1402.081
Sample size	Target sample size: 34	Health conditions studied 1
Randomization (investigator's opinion)	Randomized	Description of health condition studied Obesity and overweight ICD-10 code E66.0 ICD-10 code description Obesity due to excess calories
Randomization description	By using the simple random sampling method: in this way, a list of the names of the people who will finally enter the study based on the entry and exit criteria is prepared, in the prepared list, a number will be assigned to the names of each person. . The number assigned to each person is written on a piece of paper. All the papers are put in a container and mixed together. Then the papers are randomly selected from the container and the first number is assigned to the intervention group and the second number is assigned to the control group. The work will proceed in the same order until the end. Then, based on the selected numbers, the list of names of the intervention and control groups is determined.	Primary outcomes 1
Blinding (investigator's opinion)	Single blinded	Description Food craving score in the food craving questionnaire Timepoint The score of the questionnaire before the exam and every two weeks and 4 weeks after the completion of the study Method of measurement food craving questionnaire
Blinding description	In order to blind the researcher who intends to score the pre-test and post-test of the participants in the study, for blinding, the questionnaires along with the demographic characteristics of the participants are refrained from presenting, in this process the pre-test and post-test questionnaires with numerical codes. specified and given to the person who intends to grade them. Therefore, this person will be unaware of the individual characteristics of each questionnaire and specific group (intervention or	Secondary outcomes empty

Intervention groups

1

Description

Intervention group: EFT with an emotion-oriented treatment approach is provided in 8 weekly sessions for the experimental group in the weight loss clinic.

Category

Behavior

2

Description

Control group: Weight loss recommendations are given to all participants based on WHO criteria, and like the intervention group, the food craving questionnaire is also completed by this group.

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center

Specialized Clinic of Imam Ali (AS) Shahrekord

Full name of responsible person

Zahra Sayadi

Street address

Shariati Blv.,Iman Ali(A.S.)Specialized Clinic

City

Shahrekord

Province

Chahar-Mahal-va-Bakhtiari

Postal code

8815966918

Phone

+98 38 3224 2696

Email

z7sayadi7@gmail.com

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Shahre-kord University of Medical Sciences

Full name of responsible person

Elham Raeesi

Street address

Kashani Blv.,University Headquarters

City

Sharekord

Province

Chahar-Mahal-va-Bakhtiari

Postal code

۸۸۱۵۷۱۳۴۷۱

Phone

+98 38 3334 2414

Email

z7sayadi7@gmail.com

Web page address

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Shahre-kord 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

Shahre-kord University of Medical Sciences

Full name of responsible person

Zahra Sayadi

Position

Student

Latest degree

Medical doctor

Other areas of specialty/work

Nutrition

Street address

No4, Baharestan Ave , Khalifabad Street

City

Shahrekord

Province

Chahar-Mahal-va-Bakhtiari

Postal code

8815966918

Phone

+98 913 606 0490

Email

z7sayadi7@gmail.com

Person responsible for scientific inquiries

Contact

Name of organization / entity

Shahre-kord University of Medical Sciences

Full name of responsible person

Zahra Sayadi

Position

Student

Latest degree

Medical doctor

Other areas of specialty/work

Nutrition

Street address

No4, Baharestan Ave , Khalifabad Street

City

shahrekord

Province

Chahar-Mahal-va-Bakhtiari

Postal code

8815966918

Phone

+98 913 606 0490

Email

z7sayadi7@gmail.com

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

Shahre-kord University of Medical Sciences

Full name of responsible person

Zahra Sayadi

Position

Student

Latest degree

Medical doctor

Other areas of specialty/work

Nutrition

Street address

No4, Baharestan Ave , Khalifabad Street

City

Shahrekord

Province

Chahar-Mahal-va-Bakhtiari

Postal code

8815966918

Phone

+98 913 606 0490

Email

z7sayadi7@gmail.com

Sharing plan**Deidentified Individual Participant Data Set (IPD)**

Undecided - It is not yet known if there will be a plan to make this available

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