

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

28 Jun 2026

### Comparing the effectiveness of cognitive-behavioral therapy with combined cognitive-behavioral therapy (face-to-face + web-based application) university students' maladaptive perfectionism

#### Protocol summary

(depression, anxiety and stress), psychological well-being, life satisfaction, procrastination.

#### Study aim

The purpose of the study is to compare the effectiveness of cognitive-behavioral therapy with combined cognitive-behavioral therapy (in-person+web-based application) on university students' maladaptive perfectionism

#### Design

Random clinical trial with parallel groups, without blindness, on 46 students with maladaptive perfectionism

#### Settings and conduct

The location of study, University counseling centers or Public and private psychological and counseling clinics provide psychological services. Students who have Criteria for entering the research will be randomly placed in one of the two groups of cognitive-behavioral or Combined cognitive-behavioral therapy (face to face+web-based app)

#### Participants/Inclusion and exclusion criteria

Inclusion criteria: Includes students of 18 to 35 years old, with maladaptive perfectionism, internet access and smartphones. Exclusion criteria include symptoms of psychosis, autism spectrum disorder, bipolar disorders and other related disorders, addictive and Substance-related disorders, Simultaneous participation in other psychotherapies

#### Intervention groups

Cognitive-Behavioral Therapy Group: They will receive 10 face-to-face individual therapy sessions, once a week, which will last for 45 minutes. Combined Cognitive-Behavioral Therapy Group (face to face+Web-based application): 1They will receive 10 face-to-face individual therapy sessions, once a week, which will last for 45 minutes. In addition, This group will also receive a self-help training through an application installed on their smartphone.

#### Main outcome variables

.Maladaptive perfectionism, psychological symptoms

#### General information

##### Reason for update

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT20231018059762N1**

Registration date: **2024-02-02, 1402/11/13**

Registration timing: **retrospective**

Last update: **2024-02-02, 1402/11/13**

Update count: **0**

##### Registration date

2024-02-02, 1402/11/13

##### Registrant information

##### Name

Gelavizh Mohammadi

##### Name of organization / entity

##### Country

Iran (Islamic Republic of)

##### Phone

+98 21 6673 5426

##### Email address

mohammadi.g@iums.ac.ir

##### Recruitment status

**Recruitment complete**

##### Funding source

##### Expected recruitment start date

2023-09-23, 1402/07/01

##### Expected recruitment end date

2023-10-07, 1402/07/15

##### Actual recruitment start date

empty

##### Actual recruitment end date

empty

**Trial completion date**  
empty

**Scientific title**  
Comparing the effectiveness of cognitive-behavioral therapy with combined cognitive-behavioral therapy (face-to-face + web-based application) university students' maladaptive perfectionism

**Public title**  
The effect of cognitive-behavioral therapy with combined cognitive-behavioral therapy and self-help (web-based application) on maladaptive perfectionism

**Purpose**  
Education/Guidance

**Inclusion/Exclusion criteria**  
**Inclusion criteria:**  
Having incompatible perfectionism. Being a student. The minimum age is 18 years and the maximum age is 35 years. Access to the Internet and smart mobile phones in the combined treatment group  
**Exclusion criteria:**  
Having symptoms of psychosis Autism spectrum disorder  
Having bipolar disorder and other related disorders  
Addictive and substance-related disorders Simultaneous participation in other psychotherapies

**Age**  
From **18 years** old to **35 years** old

**Gender**  
Both

**Phase**  
N/A

**Groups that have been masked**  
*No information*

**Sample size**  
Target sample size: **46**

**Randomization (investigator's opinion)**  
N/A

**Randomization description**

**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

کمیته اخلاق دانشگاه علوم پزشکی ایران

##### Street address

Research and Technology Vice-Chancellor, Central

Headquarters Building, Hemat Highway, next to Milad Tower

#### City

tehran

#### Province

Tehran

#### Postal code

۱۴۳۹۶۱۴۵۳۵

#### Approval date

2023-09-20, 1402/06/29

#### Ethics committee reference number

IR.IUMS.REC.1402.571

## Health conditions studied

### 1

#### Description of health condition studied

maladaptive perfectionism

#### ICD-10 code

#### ICD-10 code description

## Primary outcomes

### 1

#### Description

Problems of maladaptive perfectionism

#### Timepoint

Before intervention, Immediately After Intervention, 3 Months after intervention

#### Method of measurement

Perfectionism Scale

## Secondary outcomes

### 1

#### Description

Psychological symptoms ( Depression, Anxiety, Stress)

#### Timepoint

Before intervention, Immediately after intervention, 3 Months after intervention

#### Method of measurement

Depression Anxiety Stress Scale

### 2

#### Description

Psychological well-being

#### Timepoint

Before intervention, Immediately after intervention, 3 Months after intervention

#### Method of measurement

Psychological well-being scale

### 3

#### Description

Life satisfaction

#### Timepoint

Before intervention, Immediately after intervention, 3

Months after intervention  
**Method of measurement**  
Life satisfaction scale

#### 4

##### **Description**

procrastination

##### **Timepoint**

Before intervention, Immediately after intervention, 3 Months after intervention

##### **Method of measurement**

Procrastination scale

#### 5

##### **Description**

Adherence to therapy

##### **Timepoint**

Immediately after intervention, 3 Months after intervention

##### **Method of measurement**

Adherence to therapy Scale

## **Intervention groups**

#### 1

##### **Description**

Intervention group: Intervention group: Intervention group: cognitive-behavioral therapy group: a treatment protocol that includes the combination of Beck's cognitive therapy approach and Ellis' logical-emotional therapy will be used for the intervention. In this way, students with maladaptive perfectionism will receive 10 face-to-face individual treatment sessions once a week, which will last for 45 minutes.

##### **Category**

Behavior

#### 2

##### **Description**

Intervention group:Description of intervention 2: groups of combined cognitive-behavioral therapy: (face-to-face + web-based application): For the intervention, a treatment protocol that includes the combination of Beck's cognitive therapy approach and Ellis' logical-emotional therapy will be used. Thus, students with maladaptive perfectionism will receive 10 face-to-face individual therapy sessions once a week, which will last for 45 minutes.Application: This self-help psychological training program was designed with the inspiration and use of the content of the perfectionism guide and is based on a cognitive-behavioral approach. This program is presented in the form of an application (based on the web) to the company. The multi-dimensional and audio-visual application is designed and adjusted in the form of videos, photos (diagrams) and written content in 10 sessions. In this intervention group, in addition to face-to-face therapy, the participants will use the training of application materials related to each session in the interval between face-to-face therapy sessions.

## **Category**

Behavior

## **Recruitment centers**

#### 1

##### **Recruitment center**

###### **Name of recruitment center**

Armana Psychology and Counseling Service Center

###### **Full name of responsible person**

gelavizh Mohammadi

###### **Street address**

Unit 44, 4th flr., no. 12, Behesht-e 1 aly, Shariati st, above Mirdamad, Tehran, Iran

###### **City**

Tehran

###### **Province**

Tehran

###### **Postal code**

1458889694

###### **Phone**

+98 21 2284 2917

###### **Email**

armanapsy@gmail.com

###### **Web page address**

<https://armanapsy.com/>

#### 2

##### **Recruitment center**

###### **Name of recruitment center**

Counseling Center of Sharif University of Technology

###### **Full name of responsible person**

gelavizh Mohammadi

###### **Street address**

Tehran, Azadi Street, Sharif University of Technology

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###### **Email**

prm@sharif.edu

## **Sponsors / Funding sources**

#### 1

##### **Sponsor**

###### **Name of organization / entity**

Iran University of Medical Sciences

###### **Full name of responsible person**

Dr. Reza Falak

###### **Street address**

Hemat Highway, next to Milad Tower, Iran University of Medical Sciences, 5th floor of the central headquarters

###### **City**

Tehran  
**Province**  
Tehran  
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1449614535  
**Phone**  
+98 21 8670 2504  
**Email**  
falak.r@iums.ac.ir  
**Grant name**  
**Grant code / Reference number**  
**Is the source of funding the same sponsor organization/entity?**  
Yes  
**Title of funding source**  
Iran 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**  
Iran University of Medical Sciences  
**Full name of responsible person**  
Iran University of Medical Sciences  
**Position**  
PhD student  
**Latest degree**  
Master  
**Other areas of specialty/work**  
Psychology  
**Street address**  
Iran University of Medical Sciences, Hemat Highway,  
next to Milad Tower, Tehran  
**City**  
Tehran  
**Province**  
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**Postal code**  
۱۴۴۹۶۱۴۵۳۵  
**Phone**  
+98 21 86701  
**Email**  
psy.mohammadi@gmail.com

## Person responsible for scientific inquiries

### Contact

**Name of organization / entity**  
Iran University of Medical Sciences  
**Full name of responsible person**

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**Latest degree**  
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**Other areas of specialty/work**  
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psy.mohammadi@gmail.com

## Person responsible for updating data

### Contact

**Name of organization / entity**  
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**Full name of responsible person**  
Gelavizh Mohammadi  
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**Postal code**  
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**Phone**  
+98 21 86701  
**Email**  
psy.mohammadi@gmail.com

## 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

It is possible to misuse individual raw data.

### Study Protocol

Undecided - It is not yet known if there will be 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**

No - There is not a plan to make this available

**Data Dictionary**

Not applicable

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

Results from statistical analysis and reports of clinical outcomes will be available. Also, the informed consent form will be available for the Research Ethics Committee of Iran University of Medical Sciences

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

The beginning of the period of access to the findings is one month after the publication of the data in the form of theses and articles.

**To whom data/document is available**

All researchers and health policy makers can access

clinical findings and statistical analysis results. The informed consent form will only be available to the Research Ethics Committee of Iran University of Medical Sciences.

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

The data will be available for establishing meta-analyses, as well as for developing new protocols and presenting of reports at health-related conferences.

**From where data/document is obtainable**

Applicants can contact the following email addresses.

Name of the respondent: Gulavizh Mohammadi.  
psy.mohammadi@gmail.com

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

Answering the requests and sending the desired data will be done by email and will take about a month.

**Comments**