

Clinical Trial Protocol

Iranian Registry of Clinical Trials

17 Sep 2026

The effect of Schema therapy on Adaptation and Early Maladaptive Schemas in Elderly .

Protocol summary

Study aim

schema therapy

Design

Based on the entry criteria , people are identified and noted on a page and randomly divided in to 2 group s of 28 intervention and 28 control groups . full description of the following

Settings and conduct

.I went to Bostan Comprehensive Health center and among them the criteria for entering the study were identified and randomly divided in to 2 group s of 28 intervention and 28 control groups . full description of the following and In bells compatibility questioner , women's weak score is higher than 48and men's score is higher 59and in schema over5 schema higher5or6.. The intervention group is divided in to 4 group of7 people and 10 session 90 minute twice a week for 5 weeks ...

Participants/Inclusion and exclusion criteria

over 60years of age consent form literate I Absence of more than two treatment

Intervention groups

schema tleapy intervention , on primary incompatible schemas , which includes , 15misis schemas , cognitive and experimental intervention and behavioral pattern breaking is the allowed space for use. No intervention is performed in the control group.

Main outcome variables

mal adaptive schema - adaptation

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20240129060849N1**

Registration date: **2024-02-17, 1402/11/28**

Registration timing: **prospective**

Last update: **2024-02-17, 1402/11/28**

Update count: **0**

Registration date

2024-02-17, 1402/11/28

Registrant information

Name

Afsane Sabetghadam

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 71 3625 1673

Email address

afsanesabet637@gmail.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2024-02-20, 1402/12/01

Expected recruitment end date

2025-03-20, 1403/12/30

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of Schema therapy on Adaptation and Early Maladaptive Schemas in Elderly .

Public title

The effect of schema therapy on adaptation and maladaptive schemas in Elderly

Purpose

Other

Inclusion/Exclusion criteria

Inclusion criteria:

over60 years
Exclusion criteria:
.cognitive disorder

Age
From **60 years** old

Gender
Both

Phase
N/A

Groups that have been masked

- Participant
- Investigator
- Outcome assessor
- Data analyser
- Data and Safety Monitoring Board

Sample size
Target sample size: **56**

Randomization (investigator's opinion)
Randomized

Randomization description
Who have a health record at the family doctor at the Bostan Comprehensive Center , they are invited after they have referred to the center for the elderly who meet the entry criteria in research. They are divided into two intervention and control group with Simple Randomly .

Blinding (investigator's opinion)
Double blinded

Blinding description
The participants are not blinded because they know that they are part of the intervention or treatment group and the researcher does not know at first which of people will be part of the group and the researcher assistant conducts the group in to two groups through randomization . the researcher is unaware of the group classification.

Placebo
Not used

Assignment
Other

Other design features

Secondary Ids
empty

Ethics committees

1

Ethics committee

Name of ethics committee
Ethics committee shiraz university of Medical Science

Street address
shahrak golestan.allame tabatabaee.4

City
Shiraz

Province
Fars

Postal code
7189837337

Approval date
2024-01-06, 1402/10/16

Ethics committee reference number
IR. SUMS. NUMIMG.REC.1402.125

Health conditions studied

1

Description of health condition studied

psycatry

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description

Adaptation

Timepoint

In begin and finish of study

Method of measurement

Bell qustioner

2

Description

schema mall adaptive

Timepoint

In begin and finish of study

Method of measurement

Y.S.Q

Secondary outcomes

1

Description

Adaptation

Timepoint

In start and finish study

Method of measurement

Bell's adaptation questioner

2

Description

schema mal adaptive young

Timepoint

In start and finish study

Method of measurement

Y.S.Q

Intervention groups

1

Description

Intervention group: The intervention group is divided in to 4 group of 7 people and 10 session 90 minute twice a

week for 5 weeks given schema intervention
Category
N/A

Recruitment centers

1

Recruitment center

Name of recruitment center
Health Center Comprehensive Bostan
Full name of responsible person
Sahar Mehrabnejad
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Saba street , Shahrak golestan , Health center
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Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Shiraz University of Medical Sciences
Full name of responsible person
Hossein Molavy Vardangany
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hosseinmolavi@Gmail.com
Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
Shiraz 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
Shiraz University of Medical Sciences
Full name of responsible person
shahrzad yekta talab
Position
Professor
Latest degree
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Person responsible for updating data

Contact

Name of organization / entity

Shiraz University of Medical Sciences

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Position

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Latest degree

Ph.D.

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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

data is secret

Study Protocol

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

Statistical Analysis Plan

Not applicable

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

Not applicable

Data Dictionary

Not applicable