Clinical Trial Protocol
Iranian Registry of Clinical Trials

08 Nov 2026

The effectiveness of self-healing on depression and social anxiety in women with bulimia nervosa

Protocol summary

Study aim
The effectiveness of self-healing on depression and social anxiety in women with bulimia nervosa.

Design
A controlled clinical trial, with parallel groups, is purposively selected and then non-randomly assigned to 60 women with bulimia nervosa who are selected to be in an experimental and control group, with no blinding.

Settings and conduct
The study will be conducted on 60 women with bulimia nervosa in Ahvaz. Participants will be randomly divided into an intervention group (self-healing therapy) and a control group (no treatment) and will be assessed before and after the intervention. Blinding will not be performed.

Participants/Inclusion and exclusion criteria
Inclusion criteria: Diagnosis of bulimia nervosa by a psychiatrist or psychologist, willingness to participate in the study and follow self-healing techniques. Exclusion criteria: Medical conditions that may be influential, suffering from any significant psychological illness (such as personality disorder, major depression, obsessive-compulsive disorder, bipolar disorder, etc.)

Intervention groups
Self-healing: 30 women with bulimia nervosa received a self-healing intervention that refers to mental and physical processes through which a person can enhance their recovery. This process may include various techniques such as meditation, breathing exercises, positive thinking, and changing negative behavioral patterns. There will be 3 sessions per week (each session is 1 hour) for 8 weeks. Meditation is a mental technique used to achieve relaxation and focus. Breathing exercises that are performed with controlled breathing to reduce stress and increase relaxation. Positive thinking in which a person helps improve their mental state by focusing on positive thoughts and avoiding negative thoughts. 30 people for the control group, in which no intervention method is used.

Main outcome variables
Depression and social anxiety

General information

Reason for update
Acronym
IRCT registration information
IRCT registration number: **IRCT20250826067004N1**
Registration date: **2025-09-28, 1404/07/06**
Registration timing: **registered_while_recruiting**

Last update: **2025-09-28, 1404/07/06**
Update count: **0**

Registration date
2025-09-28, 1404/07/06

Registrant information
Name
Yasaman Haghani
Name of organization / entity
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Iran (Islamic Republic of)
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Recruitment status
Recruitment complete
Funding source

Expected recruitment start date
2025-09-11, 1404/06/20
Expected recruitment end date
2025-11-11, 1404/08/20
Actual recruitment start date
empty
Actual recruitment end date
empty

Trial completion date
empty

Scientific title
The effectiveness of self-healing on depression and social anxiety in women with bulimia nervosa

Public title
The effectiveness of self-healing on the bodies of women with bulimia nervosa

Purpose
Education/Guidance

Inclusion/Exclusion criteria
Inclusion criteria:
Diagnosis of bulimia nervosa by a psychiatrist or psychologist Willingness to participate in the study and follow self-healing techniques
Exclusion criteria:
Having any significant psychological illness (such as personality disorder, major depression, obsessive-compulsive disorder, bipolar disorder, etc.) Medical conditions that may affect

Age
From **20 years** old to **35 years** old

Gender
Female

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **60**

Randomization (investigator's opinion)
Not randomized

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
Islamic Azad University, Ahvaz Branch
Street address
Ahvaz Branch, Islamic Azad University, Farhang Shahr, Golestan Highway
City
Ahvaz
Province
Khouzestan
Postal code
6134937333
Approval date
2025-07-23, 1404/05/01
Ethics committee reference number
IR.IAU.AHVAZ.REC.1404.226

Health conditions studied

1

Description of health condition studied
Women with bulimia nervosa
ICD-10 code
F50.2
ICD-10 code description
Bulimia nervosa

Primary outcomes

1

Description
Depression
Timepoint
In the initial study (before the start of the intervention) and about three months after the start of the intervention, i.e. after the end of the intervention
Method of measurement
The Beck Depression Inventory is a standardized assessment tool used to assess the severity of depression in individuals. The questionnaire consists of 21 questions that assess symptoms of depression.

2

Description
Social anxiety
Timepoint
At the beginning of the study (before the intervention) and about three months after the intervention, i.e. after the intervention was completed.
Method of measurement
The Leibowitz Social Anxiety Inventory is a standardized assessment tool used to assess the severity of social anxiety in individuals. The questionnaire consists of 24 questions that assess social fears and avoidance.

Secondary outcomes

empty

Intervention groups

1

Description
Intervention group: Self-healing: 30 women with bulimia nervosa will receive an intervention that refers to mental and physical processes through which an individual can enhance their recovery. This process may include various techniques, including meditation, breathing exercises,

positive thinking, and changing negative behavioral patterns. Meditation involves focusing on breathing and is a mental technique used to achieve relaxation and focus. This technique usually involves focusing on breathing and mental exercises that help reduce stress and increase awareness. Breathing exercises are techniques that are performed by controlling breathing to reduce stress and increase relaxation. These exercises usually involve deep, relaxing breathing. Positive thinking refers to the process in which an individual helps improve their mental state by focusing on positive thoughts and avoiding negative thoughts. This technique may include positive thinking exercises and changing negative thought patterns. This intervention is carried out for 8 weeks, 3 sessions per week (each session is 1 hour).

Category
Behavior

2

Description
Control group: No psychological treatment will be given to the control group.

Category
Behavior

Recruitment centers

1

Recruitment center

Name of recruitment center
Armanshahr Ahvaz Specialized Weight Loss Clinic

Full name of responsible person
Yasaman Haghani

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Ariobarzen Complex, Pahlevan Gharbi, Kianpars

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Islamic Azad University

Full name of responsible person
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Grant name

Grant code / Reference number

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

Title of funding source
Islamic Azad University

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
Islamic Azad University

Full name of responsible person
Yasaman Haghani

Position
Master's student

Latest degree
Bachelor

Other areas of specialty/work
Psychology

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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