

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

10 Jun 2026

### The effectiveness of rational emotive behavior therapy (REBT) on motivation for academic achievement, anxiety, depression among entrance exam students female in the Dashte-Azadegan city

#### Protocol summary

##### Study aim

Investigating the effectiveness of Rational Emotive Behavior Therapy (REBT) on academic achievement motivation, anxiety, and depression among female pre-university students preparing for the national entrance exam (Konkur) in Dasht-e Azadegan County in the year 2025

##### Design

A clinical trial with experimental and control groups, non-blinded, was conducted using simple randomization through a lottery method.

##### Settings and conduct

Before and after the intervention, the dependent variables under study were assessed using the relevant questionnaires in both the experimental and control groups as pre-tests and post-tests. The collected data were analyzed using SPSS software, and the findings were extracted.

##### Participants/Inclusion and exclusion criteria

The statistical population consisted of final-year female high school students in Dasht-e Azadegan County who, in 1404, visited the counseling center of the Susangerd Education Department and were diagnosed with moderate to severe anxiety and depression based on DSM-5 criteria. Using Cohen's formula, a sample of 30 students was voluntarily selected and randomly assigned into two groups of 15: experimental and control.

##### Intervention groups

The experimental group received Rational Emotive Behavior Therapy (REBT) based on the Ellis and Dryden (1997) approach (translated by Firoozbakht, 2018), delivered in six 100-minute sessions, one session per week, while the control group received no intervention.

##### Main outcome variables

Rational Emotive Behavior Therapy (REBT) is likely to have an effect on academic achievement motivation, anxiety, and depression among female university-

entrance exam students in Dasht-e Azadegan County.

#### General information

##### Reason for update

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT20250907067168N1**

Registration date: **2025-09-14, 1404/06/23**

Registration timing: **prospective**

Last update: **2025-09-14, 1404/06/23**

Update count: **0**

##### Registration date

2025-09-14, 1404/06/23

##### Registrant information

##### Name

Elham Beit Ahmadi

##### Name of organization / entity

##### Country

Iran (Islamic Republic of)

##### Phone

+98 61 3558 9641

##### Email address

mmoojjppiirr@gmail.com

##### Recruitment status

**Recruitment complete**

##### Funding source

##### Expected recruitment start date

2025-09-22, 1404/06/31

##### Expected recruitment end date

2025-10-22, 1404/07/30

##### Actual recruitment start date

empty

##### Actual recruitment end date

empty

## Trial completion date

empty

## Scientific title

The effectiveness of rational emotive behavior therapy (REBT) on motivation for academic achievement, anxiety, depression among entrance exam students female in the Dashte-Azadegan city

## Public title

The effectiveness of rational emotive behavior therapy (REBT) on motivation for academic achievement, anxiety, depression

## Purpose

Education/Guidance

## Inclusion/Exclusion criteria

### Inclusion criteria:

Having informed consent to participate in the research  
No history of other psychiatric disorders or substance addiction  
Not receiving medication due to other psychiatric disorders

### Exclusion criteria:

Participant's declaration of unwillingness to continue cooperation in the research process  
Severe relapse of a physical or mental illness during the field phase of the research

## Age

From **17 years** old to **19 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

A simple randomization method is used. In this method, the list of participants is numbered, and assignment to the intervention and control groups is carried out using a table of random numbers. The allocation is performed by someone other than the principal investigator. Additionally, to ensure allocation concealment, participant numbers are placed in sealed, numbered envelopes.

## Blinding (investigator's opinion)

Not blinded

## Blinding description

## Placebo

Not used

## Assignment

Other

## Other design features

## Secondary Ids

empty

## Ethics committees

### 1

#### Ethics committee

##### Name of ethics committee

Islamic Azad University, Ahvaz Branch

##### Street address

Islamic Azad University, Ahvaz Branch, Farhangshahr, Golestan Highway, Ahvaz

##### City

Ahvaz

##### Province

Khuzestan

##### Postal code

61349-37333

#### Approval date

2025-08-10, 1404/05/19

#### Ethics committee reference number

IR.IAU.AHVAZ.REC.1404.328

## Health conditions studied

### 1

#### Description of health condition studied

Motivation for Academic Achievement

#### ICD-10 code

#### ICD-10 code description

### 2

#### Description of health condition studied

Anxiety

#### ICD-10 code

#### ICD-10 code description

### 3

#### Description of health condition studied

Depression

#### ICD-10 code

#### ICD-10 code description

## Primary outcomes

### 1

#### Description

Motivation for academic achievement

#### Timepoint

Before and after Rational Emotive Behavior Therapy (REBT) intervention

#### Method of measurement

Academic Achievement Motivation Questionnaire (ISM)

### 2

#### Description

Anxiety

#### Timepoint

Before and after Rational Emotive Behavior Therapy

(REBT) intervention

### Method of measurement

Beck Anxiety Inventory (BAI)

### 3

#### Description

Depression

#### Timepoint

Before and after Rational Emotive Behavior Therapy (REBT) intervention

#### Method of measurement

Beck Depression Inventory-II (BDI-II)

## Secondary outcomes

empty

## Intervention groups

### 1

#### Description

Intervention group: Rational Emotive Behavior Therapy (REBT)

#### Category

Lifestyle

### 2

#### Description

Control group: Does not receive the intervention

#### Category

Lifestyle

## Recruitment centers

### 1

#### Recruitment center

##### Name of recruitment center

Counseling Center of the Susangerd County  
Department of Education

##### Full name of responsible person

Mojtaba Pirzade

##### Street address

Imam Khomeini Boulevard, Imam Street, Susangerd

##### City

Susangerd

##### Province

Khuzestan

##### Postal code

64490699430

##### Phone

+98 902 445 9190

##### Email

Susangerd@medu.ir

## Sponsors / Funding sources

### 1

#### Sponsor

##### Name of organization / entity

Islamic Azad University

##### Full name of responsible person

Vice President for Research and Technology

##### Street address

Islamic Azad University, Susangerd Branch, Shahid  
Ghadiri Asl Street, Susangerd, Dasht-e Azadegan  
County, Khuzestan, Iran

##### City

Susangerd

##### Province

Khuzestan

##### Postal code

6441816189

##### Phone

+98 61 3674 2325

##### Email

info@susangerd.iau.ir

#### 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

Elham Beit Ahmadi

##### Position

Master's student

##### Latest degree

Bachelor

##### Other areas of specialty/work

Psychology

##### Street address

No. 17, Takrim 3 Alley, Boostan Street, Farhangian,  
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##### City

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##### Province

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##### Postal code

6445816972

##### Phone

+98 61 3422 5943

**Email**

ahmdyalham699@gmail.com

## Person responsible for scientific inquiries

### Contact

**Name of organization / entity**

Islamic Azad University

**Full name of responsible person**

Masoud Raeisi

**Position**

Assistant Professor

**Latest degree**

Ph.D.

**Other areas of specialty/work**

Psychology

**Street address**

Department of Counseling, Shahid Beheshti Faculty,  
Islamic Azad University, Ahvaz Branch, Pardis  
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**Email**

masoud\_raeisi55@yahoo.com

## Person responsible for updating data

### Contact

**Name of organization / entity**

Islamic Azad University

**Full name of responsible person**

Elham Beit Ahmadi

**Position**

Master's student

**Latest degree**

Bachelor

**Other areas of specialty/work**

Psychology

**Street address**

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**Phone**

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**Email**

ahmdyalham699@gmail.com

## 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

No - There is not 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

Not applicable

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

In the SPSS data file, each participant was assigned a unique number. The intervention group was labeled as A and the control group as C, and the response codes for the corresponding questionnaires were also numerically coded.

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

After obtaining the IRCT code and defending the thesis

### To whom data/document is available

Other researchers

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

Conducting related future research

### From where data/document is obtainable

Head of theses and research projects, Islamic Azad University, Susangerd Branch

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

Initially, the request is submitted via email or in person, and after approval by the Islamic Azad University, Ahvaz Branch, the information is provided to the subsequent researcher.

### Comments

All intellectual and material rights of a thesis belong to the academic institution where the student studied. Therefore, after the thesis defense, the Islamic Azad University, Susangerd Branch, has the right to provide the documented data file and information related to the final thesis report to other researchers, either within or outside the university.