

Clinical Trial Protocol

Iranian Registry of Clinical Trials

27 Jul 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)

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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

Khouzestan

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
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Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Islamic Azad University
Full name of responsible person
Vice President for Research and Technology
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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
Elham Beit Ahmadi
Position
Master's student
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Other areas of specialty/work
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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.