# Clinical Trial Protocol
# Iranian Registry of Clinical Trials

08 Nov 2026

## The effectiveness of paradox therapy on satisfaction, rumination, and ego strength in adolescents with body dysmorphic symptoms.

## Protocol summary

**Study aim**

The aim of the present study is to determine the effectiveness of paradox therapy on anxiety, rumination, and ego strength in adolescents with body dysmorphic symptoms.

**Design**

Control and experimental groups, pre-test, post-test and follow-up, were randomized, on 40 patients (20 in each group). Data analysis was performed using MANCOVA multivariate analysis of covariance in SPSS software.

**Settings and conduct**

Sediqeh Kobri High School located in Region 4 was selected through random sampling, purposive sampling to identify students who had complaints of body dysmorphic disorder, identified using the modified Yale-Brown Obsessive Compulsive Scale for Body Dysmorphic Disorder (YBOCS-BDD), (Phillips et al., 1997),They will be randomly assigned to two experimental and control groups, each group consisting of 20 people. In total, 40 students will participate in this study. Post-test, post-test, and follow-up.

**Participants/Inclusion and exclusion criteria**

Teenage girls from Sediqeh Kobri High School,Having symptoms of body dysmorphic disorder according to DSM5TR, adolescent age between 13 and 18 years, voluntary consent to participate in research and treatment.Exclusion criteria: Severe psychological disorders and a history of medication use and psychiatric hospitalization, severe congenital or non-congenital physical defects that are visibly visible, addiction to any stimulant or addictive substance, failure to cooperate in completing the questionnaires or failure to answer questions.

**Intervention groups**

20 test subjects will be treated with PTC and will have to complete the tasks for 10 minutes once every ten days, 20 control subjects will not receive the intervention and will finally be compared to this group.

**Main outcome variables**

Anxiety; Rumination; Ego strength; Signs of body dysmorphic disorder

## General information

**Reason for update**

**Acronym**

**IRCT registration information**

IRCT registration number: **IRCT20251004067501N1**
Registration date: **2025-10-25, 1404/08/03**
Registration timing: **prospective**

Last update: **2025-10-25, 1404/08/03**
Update count: **0**

**Registration date**

2025-10-25, 1404/08/03

**Registrant information**

**Name**

Atena Fadaee

**Name of organization / entity**

**Country**

Iran (Islamic Republic of)

**Phone**

+98 21 7700 2062

**Email address**

atenafadaee79@gmail.com

**Recruitment status**

**Recruitment complete**

**Funding source**

**Expected recruitment start date**

2025-10-30, 1404/08/08

**Expected recruitment end date**

2025-11-15, 1404/08/24

**Actual recruitment start date**

empty

**Actual recruitment end date**

empty

**Trial completion date**
empty

**Scientific title**
The effectiveness of paradox therapy on satisfaction, rumination, and ego strength in adolescents with body dysmorphic symptoms.

**Public title**
The effect of paradox therapy on anxiety, rumination, and ego strength in adolescents with body dysmorphic symptoms.

**Purpose**
Treatment

**Inclusion/Exclusion criteria**

**Inclusion criteria:**
Having symptoms of body dysmorphic disorder according to DSM5_TR. Adolescent age between 13 and 18 years. Voluntary consent to participate in research and treatment.

**Exclusion criteria:**
Having severe psychological disorders and a history of medication use and psychiatric hospitalization. The presence of severe congenital or non-congenital physical defects that are visibly visible. Addiction to any stimulant or addictive substance.

**Age**
From **13 years** old to **18 years** old

**Gender**
Female

**Phase**
N/A

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

**Sample size**
Target sample size: **40**

**Randomization (investigator's opinion)**
Randomized

**Randomization description**
In this study, District 4 was randomly selected from among 22 districts of Tehran. There are approximately 62 girls' high schools in District 4, and among these schools, Sedighe Kobri Girls' High School was randomly selected through a lottery. In this high school, students who have complaints of body deformity are identified using voluntary samples.They will be randomly assigned to two experimental and control groups through a lottery, so that each group will consist of 20 people. In total, 40 students will participate in this research.

**Blinding (investigator's opinion)**
Not blinded

**Blinding description**

**Placebo**
Not used

**Assignment**
Other

**Other design features**
In this study, District 4 was randomly selected from among 22 districts of Tehran. There are approximately 62 girls' high schools in District 4, and among these schools, Sedighe Kobri Girls' High School was randomly selected. In this high school, students who have complaints of body deformity will be identified using purposive sampling.The Yale-Brown Obsessive Compulsive Scale for Body Dysmorphic Disorder (YBOCS-BDD) (Phillips et al., 1997) is used to assess these students. Students diagnosed with body dysmorphic disorder symptoms will be randomly assigned to two experimental and control groups, each group consisting of 20 students.A total of 40 students will participate in this study.

## Secondary Ids

empty

## Ethics committees

### 1

**Ethics committee**

**Name of ethics committee**
Ethics Committee of Tehran Azad University of Medical Sciences

**Street address**
No. 16 West, Headquarters Building of Islamic Azad University of Medical Sciences, West Gol-Yakh Street, Shahid Paborja Street, Shariati Street, Ayeneh Boulevard, Qolhak Crossroads

**City**
Tehran

**Province**
Tehran

**Postal code**
۱۹۴۹۶۳۵۸۸۱

**Approval date**
2025-05-24, 1404/03/03

**Ethics committee reference number**
IR.IAU.TMU.REC.1404.196

## Health conditions studied

### 1

**Description of health condition studied**
Body dysmorphic disorder

**ICD-10 code**
F42

**ICD-10 code description**
Obsessive-compulsive disorder

## Primary outcomes

### 1

**Description**
A score obtained from the modified Yale-Brown Obsessive Compulsive Disorder Inventory to prevent body deformity.

**Timepoint**
Before the intervention, after the intervention, and two months after the intervention

**Method of measurement**
Revised Yale-Brown Obsessive Compulsive Disorder

Scale

**2**

**Description**
Anxiety score in the Depression, Anxiety, and Stress Scale(DASS21)
**Timepoint**
Before the intervention, after the intervention, and two months after the intervention
**Method of measurement**
Depression, Anxiety, and Stress Assessment Questionnaire DASS21

**3**

**Description**
Rumination score on the Nalen Hoeksma and Maru Rumination Questionnaire (RSQ)
**Timepoint**
Before the intervention, after the intervention, and two months after the intervention
**Method of measurement**
Nalen Hoeksma and Maru Rumination Questionnaire (RSQ)

**4**

**Description**
Ego Strength Score in Dr. Besharat's Ego Strength Questionnaire (ESS)
**Timepoint**
Before the intervention, after the intervention, and two months after the intervention
**Method of measurement**
Dr. Besharat's Ego Strength Questionnaire (ESS)

## Secondary outcomes

**1**

**Description**
-
**Timepoint**
-
**Method of measurement**
-

## Intervention groups

**1**

**Description**
Control group:Includes 20 female high school students who have body dysmorphic disorder but are not receiving any intervention.
**Category**
Other

**2**

**Description**
Intervention group: The first intervention group consists of 20 high school female students with body dysmorphic disorder who will undergo paradoxical therapy protocol treatment for one month, 6 sessions, Once every ten days,approximately 3 months. 20 people in the experimental group will receive treatment.Each session will take about 30 to 20 minutes, and each assignment will take about 10 minutes. The first session is a history and assignment, and the subsequent sessions are progress reports and new assignments. Paradox Therapy (PTC) is one of the new and innovative treatments that was introduced, invented, and implemented by Dr. Basharat.This technique includes two techniques: paradox and schedule. Paradox means prescribing the same behavioral cue, and schedule means performing prescribed tasks at specific times.Paradox therapy is a method that, by prescribing the client's own disturbing behaviors or symptoms, changes contradictory and damaging psychological patterns within a specified time frame, and improves the mental state and social relationships of adolescents.Paradox therapy is an individual technique in which the therapist asks the client to visualize their anxiety, rumination, stress, anger, hatred, and weaknesses at certain predetermined times for at least ten minutes in order to make them feel as bad as possible.This short-term treatment method is ethical, cost-effective, non-invasive, and produces profound and lasting changes without relapse. In this treatment protocol, the client kills two birds with one stone because both his problem is quickly reconstructed and solved through the performance of prescribed exercises (prescription) at predetermined times (artificialization) and he becomes the therapist.
**Category**
Other

## Recruitment centers

**1**

**Recruitment center**
**Name of recruitment center**
Sediqeh Kobri High School
**Full name of responsible person**
Afsaneh Safaviye
**Street address**
Farvardin St., Arbahar Boulevard, Phase 2, Hakimieh.
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1659927583
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## Sponsors / Funding sources

**1**

**Sponsor**

**Name of organization / entity**
Islamic Azad University

**Full name of responsible person**
Alireza Khoshdel

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Headquarters building of Tehran Islamic Azad University of Medical Sciences, Dr. Shariati St., Qolhek intersection, Amir Paborja St., Aineh Blvd., corner of Gol Yakh St.

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**Phone**
+98 21 2200 6660

**Email**
iuc@iautmu.ac.ir

**Web page address**
https://tms.iau.ir/iuc/fa

**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**
Atena Fadaee

**Position**
collegian

**Latest degree**
Bachelor

**Other areas of specialty/work**
Psychology

**Street address**
Unit 1, Block 43, Besharat Street, Phase 2, Imam Hussein University Alley, Hakimieh,

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## Person responsible for scientific inquiries

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## Person responsible for updating data

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**Latest degree**
Bachelor

**Other areas of specialty/work**
Psychology

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**Province**
Tehran

**Postal code**
1659756553

**Phone**
+98 21 7700 2062

**Email**
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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**
Yes - There is 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**
Yes - There is a plan to make this available

**Title and more details about the data/document**
Data obtained from the intervention can be shared after de-identifying individuals.

**When the data will become available and for how long**
Access period starts 6 months after results are published.

**To whom data/document is available**
The data will be available to both researchers working in academic and scientific institutions and people working in industry.

**Under which criteria data/document could be used**
Use in prospective research that helps maintain adolescent mental health.

**From where data/document is obtainable**
Applicants can send a message to the email address: atenafadae79@gmail.com, in the name of Atena Fadaei.

**What processes are involved for a request to access data/document**
After sending a message to the mentioned email, the documents will be sent to the applicants.

**Comments**