Clinical Trial Protocol
Iranian Registry of Clinical Trials

08 Nov 2026

The Effect of well-being therapy on level of maladaptive perfectionism and euthymia and its comparison with cognitive-behavioral therapy and a combined intervention (CBT/WBT) in college students: A randomized controlled trial

Protocol summary

Study aim
To determine the effect of Well-being Therapy on maladaptive perfectionism and euthymia, and to compare its impact with that of Cognitive-Behavioral Therapy and Combined Cognitive Behavioral Therapy and Well-Being Therapy Intervention in undergraduate students.

Design
This is a randomized controlled trial with parallel groups, involving 48 participants. Block randomization was used for group allocation.

Settings and conduct
Undergraduate students from Shahed University, meeting the inclusion criteria, will be randomly allocated to intervention and control groups using block randomization.

Participants/Inclusion and exclusion criteria
Inclusion Criteria: Being a university student, Age between 18 and 25 years, Scoring high on two main subscales of the Frost Multidimensional Perfectionism Scale (Frost et al., 1990) Exclusion Criteria: Experiencing symptoms of mental or personality disorders, Using psychotropic medications.

Intervention groups
Intervention Group 1: Well Being Therapy: Based on Fava protocol 2016, eight-weekly-45-minute sessions targeting well-being, its barriers, and balance through the six dimensions of psychological well-being (Duration: 2 months). Intervention Group 2 Cognitive Behavioral Therapy for Perfectionism: Based on Shafran protocol 2010, eight-weekly-45-minute sessions addressing perfectionism, individualized formulation, and cognitive and behavioral techniques (Duration: 2 months). Intervention Group 3 Combined Cognitive Behavioral Therapy and Well Being Therapy: Eight-weekly-45-minute sessions. The first four target perfectionism and cognitive techniques, and the final four focus on well-being, its barriers, and the six dimensions of psychological well-being (Duration: 2 months). Control Group: No treatment during the study period.

Main outcome variables
maladaptive perfectionism; euthymia

General information

Reason for update

Acronym

IRCT registration information
IRCT registration number: **IRCT20251125068103N1**
Registration date: **2026-02-02, 1404/11/13**
Registration timing: **registered_while_recruiting**

Last update: **2026-02-02, 1404/11/13**
Update count: **0**

Registration date
2026-02-02, 1404/11/13

Registrant information

Name
Nasrin Yadegari

Name of organization / entity

Country
Iran (Islamic Republic of)

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nasrin.yadegari@shahed.ac.ir

Recruitment status
Recruitment complete

Funding source

Expected recruitment start date

2026-02-02, 1404/11/13

Expected recruitment end date

2026-07-08, 1405/04/17

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The Effect of well-being therapy on level of maladaptive perfectionism and euthymia and its comparison with cognitive-behavioral therapy and a combined intervention (CBT/WBT) in college students: A randomized controlled trial

Public title

The Effect of well-being therapy on level of maladaptive perfectionism and its comparison with cognitive-behavioral therapy and a combined intervention (CBT/WBT)

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria:

The participant must be a student during the period of participation in the research. The participant must be between 18 and 25 years old. Obtaining higher scores on the two main scales of the Frost et al. (1990) Multidimensional Perfectionism Questionnaire

Exclusion criteria:

Experiencing symptoms of mental illness or personality disorders. Taking psychotropic drugs

Age

From **18 years** old to **25 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **48**

Randomization (investigator's opinion)

Randomized

Randomization description

After completion of the baseline questionnaires and confirmation of eligibility criteria, eligible participants were assigned sequential identification numbers. Group allocation was then performed using block randomization with variable block sizes (4 and 8) and an equal allocation ratio (1:1:1:1). The random allocation sequence was generated using Random Allocation Software (RAS). Based on this sequence, participants were assigned to three intervention groups (Well-being Therapy, Cognitive Behavioral Therapy, and a combined intervention) and one waitlist control group. The generation of the allocation sequence and the assignment of participants to groups were carried out by an individual independent of the research team.

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

Ethics Committee of the Faculty of Medicine - Shahed University

Street address

Faculty of Medicine, Shahed University, opposite the Holy Shrine of Imam Khomeini, Persian Gulf Highway.

City

Tehran

Province

Tehran

Postal code

3319118651

Approval date

2025-11-02, 1404/08/11

Ethics committee reference number

IR.SHAHED.MED.REC.1404.087

Health conditions studied

1

Description of health condition studied

Maladaptive perfectionism and euthymia

ICD-10 code

Z71.89

ICD-10 code description

Other specified counseling

Primary outcomes

1

Description

maladaptive perfectionism

Timepoint

Before intervention starts, After the last session of the intervention, Three-month follow-up after the end of the intervention

Method of measurement

The Frost Multidimensional Scale of Perfectionism(1990)

2

Description

Euthymia

Timepoint
Before intervention starts, After the last session of the intervention, Three-month follow-up after the end of the intervention

Method of measurement
Euthymia Scale

Secondary outcomes

empty

Intervention groups

1

Description
Intervention Group 1: Well-Being Therapy (WBT): This intervention will be delivered individually in eight weekly sessions of 45 minutes each, based on Fava's Well-Being Therapy protocol (2016). The first session focuses on assessing the level of well-being experienced by the participant. The second session addresses individual barriers to well-being, and the third session focuses on strategies to cope with these barriers. From the fourth session onward, the six dimensions of psychological well-being are introduced, and participants work on identifying personalized strategies to bring these dimensions to a balanced level. Each session concludes with the development of an individualized worksheet designed to support continuation of therapeutic work throughout the week. The total duration of the intervention will be two months.

Category
Treatment - Other

2

Description
Intervention Group 2: Cognitive Behavioral Therapy for Perfectionism (CBT-P): This intervention will be delivered in eight weekly 45-minute sessions based on Shafran's cognitive-behavioral protocol for perfectionism (2010). The first session focuses on understanding perfectionism, its consequences, and its key domains. The second session addresses the developmental origins of perfectionism, the factors that maintain it, and presents an individualized cognitive-behavioral formulation. From the third through the eighth sessions, participants are introduced to techniques targeting perfectionistic thinking patterns (e.g., all-or-nothing thinking), as well as behavioral strategies addressing perfectionism-related behaviors such as procrastination. The later sessions also focus on improving self-esteem and reducing self-criticism. Each session includes a specific worksheet to be completed during the week to reinforce therapeutic progress. The total duration of the intervention will be two months.

Category
Treatment - Other

3

Description
Intervention Group 3: Combined Intervention: This combined intervention consists of the first four sessions of Cognitive Behavioral Therapy followed by four intensive sessions of Well-Being Therapy. The program will be delivered individually in eight weekly sessions of 45 minutes each, designed and implemented based on Fava's Well-Being Therapy framework (2016). During the first four CBT-focused sessions, perfectionism is introduced, its consequences are identified, an individualized cognitive-behavioral formulation is developed, and techniques targeting perfectionistic thoughts are implemented. Beginning with session five, the focus shifts to well-being. Using illustrative examples, participants' personal experiences of well-being are explored. Subsequent sessions address barriers to well-being and coping strategies, introduce the six dimensions of psychological well-being, and emphasize behaviors that help bring these dimensions to a balanced level. All sessions incorporate structured, pre-designed worksheets to be completed by participants to support ongoing therapeutic work between sessions. The total duration of the intervention will be two months.

Category
Treatment - Other

4

Description
Control group: The control group does not receive any treatment during the intervention period, and at the end of the intervention period, the best treatment will be given to them. If there is no difference between the three interventions, the treatment will be given to them at the participant's own choice.

Category
N/A

Recruitment centers

1

Recruitment center

Name of recruitment center
Shahed University

Full name of responsible person
Nasrin Yadegari

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Sponsors / Funding sources

1

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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
Shahed 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
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Web page address

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

In this study, efforts are made to protect the privacy of the participants, as they are university students currently enrolled in academic programs, and the disclosure of personal data may be undesirable and unacceptable for them.

Study Protocol

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

Statistical Analysis Plan

No - There is not a plan to make this available

Informed Consent Form

No - There is not a plan to make this available

Clinical Study Report

No - There is not a plan to make this available

Analytic Code

No - There is not a plan to make this available

Data Dictionary

No - There is not a plan to make this available