Clinical Trial Protocol
Iranian Registry of Clinical Trials

09 Nov 2026

Effectiveness of emotion efficasy therapy on social anxiety and assertiveness in Musicians

Protocol summary

Study aim
The purpose of this study is to evaluate the effectiveness of emotion efficasy based educational-psychological intervention on reducing social anxiety and enhancing assertiveness in musicians

Design
The study was designed as a single-case ABAB(multiple basline) design. There was no seprate control group and no randomization. The sample consisted of three musicians, and the study was conducted as an educational/behavioral phase.

Settings and conduct
The research was conducted at the Tonal music academy located in Tabriz. the participants were musicians of various instruments at Tabriz music schools. In order to determine the desired samples, interviews and questionnaires were conducted to participate in the study. Three people who met the entry criteria were selected. The intervention was conducted in the form of one-hour emotional efficasy training sessions for eight individual sessions. The Connor Social anxiety and Gambrill-Richey assertiveness questionnaires were completed during the sessions with one-session intervals in between in order to measure changes and a single-case study method.

Participants/Inclusion and exclusion criteria
Inclusion criteria: Active musicians enrolled in the music institute; Exhibiting signs related to social anxiety; willingness to participate and providing written informed consent

Intervention groups
A single group of 3 musicians received an emotion efficasy based educational-psychological intervention. The intervention consisted of eight60-minute individual sessions focusing on enhancing self-efficasy, coping skills for performance-related anxiety, improving assertiveness.

Main outcome variables
Social anxiety

General information

Reason for update

Acronym

IRCT registration information
IRCT registration number: **IRCT20250520065818N1**
Registration date: **2026-02-06, 1404/11/17**
Registration timing: **retrospective**

Last update: **2026-02-06, 1404/11/17**
Update count: **0**

Registration date
2026-02-06, 1404/11/17

Registrant information
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Recruitment status
Recruitment complete

Funding source

Expected recruitment start date
2025-07-23, 1404/05/01

Expected recruitment end date
2025-08-23, 1404/06/01

Actual recruitment start date
2025-07-23, 1404/05/01

Actual recruitment end date
2025-08-23, 1404/06/01

Trial completion date
2025-08-23, 1404/06/01

Scientific title

Effectiveness of emotion efficasy therapy on social anxiety and assertiveness in Musicians

Public title
Effect of emotion efficasy therapy on social anxiety and assertiveness
Purpose
Education/Guidance
Inclusion/Exclusion criteria
Inclusion criteria:
Active musician enrolled in the institute Exhibiting signs associated with social anxiety provided written informed consent
Exclusion criteria:
Receiving concurrent Psychotherapy or anxiety-related medication Presence of severe mental disorder requiring clinical intervention
Age
From **18 years** old to **35 years** old
Gender
Both

Phase
N/A
Groups that have been masked
No information
Sample size
Target sample size: **3**
Actual sample size reached: **3**
Randomization (investigator's opinion)
N/A
Randomization description
Blinding (investigator's opinion)
Not blinded
Blinding description
Placebo
Not used
Assignment
Single
Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee
Name of ethics committee
Ethics committee of Islamic Azad uiversity of Medical Sciences, Tabriz Branch
Street address
Tonal music institute, Standard Boulevard, valiasr
City
Tabriz
Province
East Azarbaijan
Postal code
5114714811
Approval date
2025-07-30, 1404/05/08
Ethics committee reference number
IR.IAU.TABRIZ.REC.1404.280

Health conditions studied

1

Description of health condition studied
Social anxiety and assertiveness skills in musicians
ICD-10 code
ICD-10 code description

Primary outcomes

1

Description
The level of social anxiety-related symptoms in musicians, assessed across basline, intervention, and one-month follow-up phases using the Connor social phobia Inventory.
Timepoint
The outcome variable was assessed in a total of eight measurement points,including two pre-intervention assessments and two post-intervention assessments. Additionally, four further assessments were conducted during the intervention peroid by administering the Connor social phobia Inventory every other session.
Method of measurement
Social anxiety was measured using the Connor social phobia Inventory as a self-report instrument.

Secondary outcomes

1

Description
The secondary outcome variable waas the level of assertiveness of the participants, considered as a secondary outcome of the study.
Timepoint
The outcome variable was assessed using repeated measurements throuthout the study, including pre-intervention, intern assessments, post-intervention, and a one-month follow-up.
Method of measurement
The secondary outcome variable was measured as a self-report using the Gambrill and Richey Assertiveness Questionnaire.

Intervention groups

1

Description
Intervention group: The intervention consisted of eight one- hour emotion efficasy-based training sessions for musicians, delivered individually. Sessions were conducted using a single-case ABAB(multiple basline) design, and participants were assessed throughout the intervention period. No seprate control group was

included.

Category
Behavior

Recruitment centers

1

Recruitment center

Name of recruitment center
Tonal music institute

Full name of responsible person
Parviz barzgar

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Islamic Azad University

Full name of responsible person
Maryam ordibeheshti

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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
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Position
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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
No funding or plan for public data sharing was availabe, and the study was conducted personally without institutional support.
Study Protocol
No - There is not 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