

Clinical Trial Protocol

Iranian Registry of Clinical Trials

19 Sep 2026

Comparing the effectiveness of Cognitive Behavioral Therapy and Stages Of change Model on improving abstinence self-efficacy in Iranian substance

Protocol summary

Summary

The aim of present study was comparing the effectiveness of two therapeutic approaches, namely, Cognitive Behavioral Therapy (CBT) and Stages Of Change Model (SOC) on improving abstinence self-efficacy in adolescent addicts. The kind of research Design was Experimental by tree group and tree assessment stages. 45 self-referred adolescent addicts were randomly selected to take part in this study. Inclusion criteria to this research was male teenagers; history of drug use more than six months and Exclusion criteria was treatment stopped to one mount. The two experimental groups received twice a week interventions for 12 weeks by Cognitive-Behavioral and Stages Of Change approaches and then were post tested and once again reassessed in a two-month follow up. Dependent variables was General Self-Efficacy Questionnaire (GSE), and Adolescent Drug Avoidance Self-Efficacy Scale (ASES).

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT201112138394N1**

Registration date: **2012-04-30, 1391/02/11**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2012-04-30, 1391/02/11

Registrant information

Name

Shahriar Shahidi

Name of organization / entity

Shahid Beheshti University

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Recruitment status

Recruitment complete

Funding source

Shahid Beheshti University

Expected recruitment start date

2007-12-03, 1386/09/12

Expected recruitment end date

2008-08-01, 1387/05/11

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Comparing the effectiveness of Cognitive Behavioral Therapy and Stages Of change Model on improving abstinence self-efficacy in Iranian substance

Public title

Comparing of substance dependent treatments in adolescents

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria: male teenagers; history of drug use more than six months and not under prescriptive drugs.
Exclusion criteria: use of prescriptive drugs and hospitalization

Age

From **15 years** old to **19 years** old

Gender

Male

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **45**

Randomization (investigator's opinion)

Randomized

Randomization description

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

Department of Psychology

Street address

Shahid Beheshti University, Evin

City

Tehran

Postal code

1983963113

Approval date

2007-11-20, 1386/08/29

Ethics committee reference number

D/760/1066

Health conditions studied

1

Description of health condition studied

Substance Use

ICD-10 code

ICD-10 code description

Drug dependency

Primary outcomes

1

Description

Stage of readiness for change in addictive behavior

Timepoint

Two month distance between Pre-test to post-test, also

two month distance between post-test and folowup

Method of measurement

The University of Rhodes Island Change Assessment (URICA).

Secondary outcomes

1

Description

General self efficacy, specific self efficacy

Timepoint

Two month distance between Pre-test to post-test, also two month distance between post-test and folowup

Method of measurement

General Self-Efficacy Questionnaire (GSE), and Adolescent Self-Efficacy Scale (ASES).

Intervention groups

1

Description

One of experimental groups received twice a week interventions for 12 weeks Cognitive Behavior Therapy.

Category

Behavior

2

Description

Also control group that was similar to both experimental groups by number and assessment instruments, were placed in expected list.

Category

Behavior

3

Description

Another group was intervened by Change Stages approach to 12 week.

Category

Behavior

Recruitment centers

1

Recruitment center

Name of recruitment center

Shahid Family Centre

Full name of responsible person

Dr. Noori

Street address

Jashnvareh Street

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2

Recruitment center

Name of recruitment center
Mellatdoost Centre
Full name of responsible person
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Person responsible for scientific inquiries

Contact

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Vice chancellor for research, Shahid Beheshti University
Full name of responsible person
Ms. Amini
Street address
Dept. Psychology, Shahid Beheshti University, Evin
City
Tehran
Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
Vice chancellor for research, Shahid Beheshti University
Proportion provided by this source
100
Public or private sector
empty
Domestic or foreign origin
empty
Category of foreign source of funding
empty
Country of origin
Type of organization providing the funding
empty

Person responsible for general inquiries

Contact

Name of organization / entity
Shahid Beheshti University
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Sharing plan

Deidentified Individual Participant Data Set (IPD)

empty

Study Protocol

empty

Statistical Analysis Plan

empty

Informed Consent Form

empty

Clinical Study Report

empty
Analytic Code
empty

Data Dictionary
empty