Clinical Trial Protocol
Iranian Registry of Clinical Trials

28 Oct 2026

investigate the effectiveness of Transactional Analysis training on perfectionism, academic engagement, and self-efficacy among high school students with anxiety symptoms

Protocol summary

Study aim

To evaluate the efficacy of Transactional Analysis (TA) training on reducing perfectionism and increasing academic engagement and self-efficacy among anxious students in Ahvaz.

Design

A randomized, double-blind, parallel-group, controlled clinical trial, Phase 2, conducted on 60 students. Randomization was performed using block randomization with a block size of 4.

Settings and conduct

This randomized controlled trial was conducted at the Masir-e Roshd Psychology Clinic in Ahvaz. Participants were assigned to intervention and control groups, and data were collected in three phases. To minimize bias, the final evaluator was blinded to group allocation.

Participants/Inclusion and exclusion criteria

Inclusion criteria: Second-grade female high school students with high anxiety scores, providing informed consent from both parents and students. Exclusion criteria: Severe psychiatric disorders, active use of psychotropic medications, participation in other clinical trials, and underlying physical illnesses affecting anxiety.

Intervention groups

Intervention Group: Students in the intervention group will receive an eight-session Transactional Analysis (TA)-based therapeutic intervention focused on identifying and modifying maladaptive ego states, psychological games, and life scripts associated with anxiety and perfectionism. The intervention aims to reduce anxiety symptoms, alleviate maladaptive perfectionistic tendencies, and enhance emotional regulation and self-efficacy. .Control Group: Students receive routine school counseling without any specific educational intervention related to TA.

Main outcome variables

Primary outcome: Maladaptive perfectionism score.

Secondary outcomes: Academic self-efficacy score and psychological adjustment score of students.

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20260426069171N1**
Registration date: **2026-06-20, 1405/03/30**
Registration timing: **registered_while_recruiting**

Last update: **2026-06-20, 1405/03/30**
Update count: **0**

Registration date

2026-06-20, 1405/03/30

Registrant information

Name

Sakineh Hamdani

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 916 646 7276

Email address

mihathz@gmail.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2026-05-26, 1405/03/05

Expected recruitment end date

2026-06-26, 1405/04/05

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

investigate the effectiveness of Transactional Analysis training on perfectionism, academic engagement, and self-efficacy among high school students with anxiety symptoms

Public title

Efficacy of Transactional Analysis Training on Perfectionism, Academic Engagement, and Self-Efficacy

Purpose

Education/Guidance

Inclusion/Exclusion criteria

Inclusion criteria:

Female high school student High scores on the anxiety questionnaire Informed consent from both parents and students

Exclusion criteria:

Severe psychiatric disorders Active use of psychotropic medications Participation in other clinical trials Underlying physical illnesses affecting anxiety

Age

From **12 years** old to **18 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **45**

Randomization (investigator's opinion)

Randomized

Randomization description

Block randomization with a block size of 4 was used to ensure balanced allocation of participants between the intervention and control groups. The random allocation sequence was generated prior to the start of the study using SPSS software. After screening and confirmation of eligibility criteria, participants were enrolled sequentially and assigned a unique identification code. Eligible participants were then allocated to either the intervention or control group according to the pre-generated randomization list. To ensure allocation concealment, group assignments were placed in sequentially numbered, opaque, sealed envelopes. After a participant's enrollment was completed, the corresponding envelope was opened by a designated individual responsible for group allocation who was not involved in outcome assessment, and the participant's group assignment was revealed.

Blinding (investigator's opinion)

Not blinded

Blinding description

Placebo

Not used

Assignment

Parallel

Other design features

This study is a randomized controlled trial with a parallel design, using block randomization to ensure balanced sample sizes between the two groups. Additionally, outcome assessors were blinded to group allocation to minimize bias.

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethics committee of Islamic Azad University of ahvaz

Street address

Ahvaz, Golestan Boulevard, Farhang Shahr, Islamic Azad University, Ahvaz Branch

City

اهواز

Province

Khouzestan

Postal code

61349037333

Approval date

2026-02-28, 1404/12/09

Ethics committee reference number

IR.IAU.AHVAZ.REC.1404.695

Health conditions studied

1

Description of health condition studied

Anxiety

ICD-10 code

F06.4

ICD-10 code description

Anxiety disorder due to known physiological condition

Primary outcomes

1

Description

perfectionism

Timepoint

Before the intervention (baseline/pre-test) and immediately after completion of the intervention (post-test).

Method of measurement

The 30-Item Parental Perfectionism Hewitt, Felt, (1991) Questionnaire

2

Description

Academic Engagement

Timepoint

Before the intervention (baseline/pre-test) and

immediately after completion of the intervention (post-test).

Method of measurement

Schaufeli et al. (2002) Academic Engagement Scale

3

Description

Self-Efficacy

Timepoint

Before the intervention (baseline/pre-test) and immediately after completion of the intervention (post-test).

Method of measurement

Sherer et al. (1983) General Self-Efficacy Scale

Secondary outcomes

1

Description

Academic performance

Timepoint

Before the intervention (baseline/pre-test) and immediately after completion of the intervention (post-test).

Method of measurement

The Fam and Taylor (1999) Academic Performance Assessment Questionnaire

Intervention groups

1

Description

Intervention Group: Participants in the intervention group will receive a therapeutic program based on Transactional Analysis (TA), implemented according to Eric Berne's standard protocol in eight 60-minute sessions (two sessions per week). The primary objective of this intervention is to reduce anxiety, modify maladaptive cognitive-emotional patterns, and enhance students' psychological functioning. Throughout the program, ego states (Parent, Adult, and Child) are identified and analyzed to address the underlying sources of internal conflicts, anxiety-provoking thoughts, and dysfunctional behavioral patterns. In addition, maladaptive psychological games and early injunctions and drivers that contribute to negative beliefs, excessive perfectionism, and anxiety are explored and therapeutically modified through script analysis and redecision processes. The intervention further aims to strengthen the Adult ego state, promote self-awareness, enhance self-efficacy, improve emotional regulation, and develop adaptive decision-making skills. By fostering healthier coping strategies, students are expected to respond more effectively to stressful situations. The therapeutic sessions incorporate active intervention techniques, including role-playing, cognitive restructuring, therapeutic group discussions, and between-session assignments, and are delivered by a trained researcher under professional supervision.

Category

Treatment - Other

2

Description

Control Group: Students in this group do not receive any specific educational intervention and are only covered by routine care and normal school programs. The educational course will be provided to them after the end of the study period.

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center
Masir Roshd Psychology Clinic

Full name of responsible person
Sakineh Hamdani

Street address
1st Floor, Hafez Medical Complex, Mousavi St., Salman Farsi St

City
Ahvaz

Province
Khouzestan

Postal code
6193959833

Phone
+98 905 253 7399

Email
Moria_2009@yahoo.com

Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Islamic Azad University, Ahvaz Branch

Full name of responsible person
Pejman TaqiPour Birgani

Street address
Golestan Highway, Farhang Shahr, Islamic Azad University, Ahvaz Branch

City
Ahvaz

Province
Khouzestan

Postal code
61349-37333

Phone
+98 61 3334 8421

Email
info@iauahvaz.ac.ir

Grant name

Grant code / Reference number

Is the source of funding the same sponsor

organization/entity?
Yes
Title of funding source
Islamic Azad University, Ahvaz Branch
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, Ahvaz Branch
Full name of responsible person
saknieh hamdani
Position
Student
Latest degree
Bachelor
Other areas of specialty/work
Psychology
Street address
Islamic Azad University, Ahvaz Branch, Farhang Shahr, Golestan Highway, Ahvaz
City
Ahvaz
Province
Khouzestan
Postal code
61349-37333
Phone
+98 61 3334 8421
Email
info@iauahvaz.ac.ir

Person responsible for scientific inquiries

Contact
Name of organization / entity
Islamic Azad University, Ahvaz Branch
Full name of responsible person
Sakineh Hamdani
Position
Student
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Postal code
61349-37333
Phone
+98 61 3334 8421
Email
info@iauahvaz.ac.ir

Person responsible for updating data

Contact
Name of organization / entity
Islamic Azad University, Ahvaz Branch
Full name of responsible person
Sakineh Hamdani
Position
Student
Latest degree
Bachelor
Other areas of specialty/work
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61349-37333
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info@iauahvaz.ac.ir

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
The shared dataset consists of "Anonymized Individual Participant Data" (IPD). This dataset includes demographic information, baseline characteristics, and all primary and secondary outcome variables measured in the study (specifically, scores for perfectionism, academic engagement, and self-efficacy). All potentially shareable data will be made available after the complete removal of personally identifiable information (such as names, national IDs, and phone numbers) and their

replacement with random codes. Consequently, applicants will have access to all raw data related to the study variables, except for information that directly links to individual identities.

When the data will become available and for how long

Access to the Individual Participant Data (IPD) will commence 6 months after the final results of the study are published in reputable scientific journals. This timeframe allows for the completion of initial analyses and the dissemination of primary findings; thereafter, qualified researchers may request access in compliance with ethical guidelines and data-sharing agreements.

To whom data/document is available

Access to the study data is restricted to academic researchers, scientific investigators, and graduate students with relevant qualifications. Applicants must submit their requests via an official university or institutional email address, clearly outlining their research objectives. Individuals working in the industrial sector or non-academic organizations are eligible only if they are formal partners or collaborators of an educational/research institution, and their requests are approved by the principal investigator.

Under which criteria data/document could be used

Access is conditional upon signing a Data Use Agreement (DUA) and committing to confidentiality and non-identification of participants. Commercial use is prohibited, and data usage is restricted to research purposes only. Furthermore, the principal investigator must be acknowledged as a co-author in all publications resulting from the use of this data.

From where data/document is obtainable

To obtain the data, applicants must submit their request in writing to the principal investigator of the study. The preferred order of communication is as follows: first, sending an official email to [mortezaahmadi19922@gmail.com]; second, making a telephone call to [09166467276] during office hours; and third, sending correspondence by post to the address: [61349-37333]. All requests must include a scientific justification and, if necessary, ethical approval, and responses will be provided through the same channel used for the request.

What processes are involved for a request to access data/document

Upon receipt of the formal request and signed Data Use Agreement (DUA), the principal investigator will evaluate the applicant's qualifications, including research objectives and ethical compliance. Once approved, the anonymized data will be securely shared via email in standard formats (e.g., CSV or SPSS). The entire process typically takes between 2 to 4 weeks.

Comments