Clinical Trial Protocol
Iranian Registry of Clinical Trials

08 Nov 2026

Development and Validation of a Self-Working Questionnaire and Investigating the Effect of Therapeutic Educational Self-Working Therapy on It Among Students of Islamic Azad University, Ahvaz Branch.

Protocol summary

Study aim
Investigating the effect of the self-working educational therapy package on the self-care questionnaire

Design
The study design included a clinical trial with an intervention group and a control group in parallel, Without blinding, on 30 patients,Without randomization.

Settings and conduct
This study is being conducted at the Islamic Azad University, Ahvaz Branch. In the sessions, volunteers are taught physical exercise, emotional exercise, perception exercise, attention exercise, future exercise, and life theme. Before and after the training, the clients are given a researcher-made self-working test.

Participants/Inclusion and exclusion criteria
Students between the ages of eighteen and fifty who do not have personality disorders or psychosis, have not been in a crisis situation in the past six months, and are not receiving concurrent psychotherapy.

Intervention groups
The intervention group will be taught a self-working therapy training package in fourteen two-hour sessions. The control group will not be given any training.

Main outcome variables
The dependent variable in this study is the scores on a researcher-made self-working questionnaire. In this study, an attempt is made to manipulate the scores on the self-working questionnaire by providing self-working medication.

General information

Reason for update

Acronym

IRCT registration information
IRCT registration number: **IRCT20260620069882N1**
Registration date: **2026-07-09, 1405/04/18**
Registration timing: **prospective**

Last update: **2026-07-09, 1405/04/18**
Update count: **0**

Registration date
2026-07-09, 1405/04/18

Registrant information

Name
Seyed Mohammad Ali Shariat Zade

Name of organization / entity

Country
Iran (Islamic Republic of)

Phone
+98 61 3221 1780

Email address
shariat998@gmail.com

Recruitment status
Recruitment complete

Funding source

Expected recruitment start date
2026-07-11, 1405/04/20

Expected recruitment end date
2026-07-21, 1405/04/30

Actual recruitment start date
empty

Actual recruitment end date
empty

Trial completion date
empty

Scientific title
Development and Validation of a Self-Working Questionnaire and Investigating the Effect of Therapeutic Educational Self-Working Therapy on It Among Students of Islamic Azad University, Ahvaz Branch.

Public title

Development and Validation of a Self-Working Questionnaire and Investigating the Effect of Therapeutic Educational Self-Working Therapy on It Among Students of Islamic Azad University, Ahvaz Branch.

Purpose

Diagnostic

Inclusion/Exclusion criteria

Inclusion criteria:

Being a student of Islamic Azad University, Ahvaz Branch Being between eighteen and fifty years old

Exclusion criteria:

Being in a critical situation (death of loved ones, dismissal or unemployment, loss of home, etc.) in the past six months Concurrent use of another psychotherapy approach Having a personality disorder Having mental disorders of the psychotic class

Age

From **18 years** old to **50 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **30**

Randomization (investigator's opinion)

Not 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

Ethics Committee of Islamic Azad University of Ahvaz Branch

Street address

Zand intersection, Dehban Street, next to Sahel Complex Park, No. 33

City

هوازAhvaz

Province

Khouzestan

Postal code

6195944467

Approval date

2026-06-17, 1405/03/27

Ethics committee reference number

IR.IAU.AHVAZ.REC.1405.286

Health conditions studied

1

Description of health condition studied

Psychosomatic symptoms, emotional expression, spontaneous thoughts, attention, lifestyle

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description

The dependent variable of this study is the scores of the researcher-made self-working questionnaire. In this study, an attempt is made to manipulate the scores of the self-working questionnaire by providing a self-discipline treatment package.

Timepoint

The beginning and end of the self-working package

Method of measurement

Researcher-made self-working questionnaire

Secondary outcomes

empty

Intervention groups

1

Description

The intervention group receives a self-working therapy package that includes physical training (relaxation and mindfulness), emotional training (a type of intensive psychodynamic intervention), cognitive training (CBT), attention training (ACT), future training (a type of Rogerian therapy), and life theme (a type of existential therapy) in four two-hour sessions. The equipment used is exercise forms, notebooks, and pencils.

Category

Behavior

2

Description

Control group: This group does not receive training, but they are screened during the process for exposure to crisis situations or receiving psychotherapy, etc., to ensure they meet the entry and exit criteria.

Category

Behavior

Recruitment centers

1

Recruitment center

Name of recruitment center
Islamic Azad University, Ahvaz Branch

Full name of responsible person
Reza Johari Fard

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No. 33, Sahel Complex, Dehban Street, Zand Intersection, Ahvaz, next to the park

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Islamic Azad University

Full name of responsible person
Zahra Dasht-e-Bozorg

Street address
No. 33, Sahel Complex, Dehban Street, Zand Crossroads, Ahvaz, Iran

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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
1

Public or private sector
Private

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
Seyed Mohammad Ali Shariat Zade

Position
Master's student in clinical psychology

Latest degree
Bachelor

Other areas of specialty/work
Psychology

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Person responsible for scientific inquiries

Contact

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Position
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Latest degree
Bachelor

Other areas of specialty/work
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Person responsible for updating data

Contact

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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
Protocols, questionnaires, statistical data, and results can be published after all personal information has been removed.
When the data will become available and for how long
Six months after printing
To whom data/document is available
Data from this study will be available to students, healthcare institutions, and academic researchers.
Under which criteria data/document could be used
The data is provided only for the purpose of verification, verification, and observation of the research process, and any other inferences or unrelated research on them are not approved.
From where data/document is obtainable
Seyyed Mohammad Ali Shariatzadeh
Shariat998@gmail.com
What processes are involved for a request to access data/document
Send an email, explaining the reason for the need for the data. If approved, the information will be sent to the applicant within a week.
Comments