Clinical Trial Protocol
Iranian Registry of Clinical Trials

06 Nov 2026

The Effectiveness of Cognitive-Behavioral Therapy (CBT)-Based Group Therapy on Distress Tolerance and Social Anxiety in Students

Protocol summary

Study aim

Determining the Effectiveness of Cognitive-Behavioral Therapy-Based Group Therapy on Distress Tolerance and Social Anxiety in Students of Islamic Azad University, Shiraz Branch

Design

Controlled clinical trial with two parallel groups, randomized using simple randomization, including 50 students, with 25 participants in the experimental group and 25 participants in the control group. The trial phase is not applicable. A table of random numbers will be used for randomization.

Settings and conduct

The study will determine the effectiveness of cognitive-behavioral therapy-based group therapy on distress tolerance and social anxiety in students of Islamic Azad University, Shiraz Branch. After obtaining informed consent, 50 participants will be randomly assigned to the experimental and control groups using a table of random numbers. Pretest and posttest assessments will be conducted using the Distress Tolerance Scale (DTS) and the Social Phobia Inventory (SPIN). The experimental group will receive 10 weekly group therapy sessions, 90 minutes per session, and the control group will not receive the intervention. The sessions will be held at a suitable location in accordance with the principles of group therapy.

Participants/Inclusion and exclusion criteria

Inclusion Criteria: Being a student at Islamic Azad University, Shiraz Branch, having social anxiety, informed consent to participate in the study; Exclusion Criteria: Severe psychiatric disorder affecting participation, receiving similar psychotherapy, inability to attend the sessions regularly

Intervention groups

Experimental Group: 10 weekly sessions of cognitive-behavioral therapy-based group therapy, 90 minutes per session Control Group: No intervention during the study

Main outcome variables

Distress Tolerance; Social Anxiety

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20260816070674N1**
Registration date: **2026-08-21, 1405/05/30**
Registration timing: **prospective**

Last update: **2026-08-21, 1405/05/30**
Update count: **0**

Registration date

2026-08-21, 1405/05/30

Registrant information

Name

Marzieh Zare Mohazabieh

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 71 3721 0726

Email address

marziezare75@gmail.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2026-09-06, 1405/06/15

Expected recruitment end date

2026-10-07, 1405/07/15

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title
The Effectiveness of Cognitive-Behavioral Therapy (CBT)-Based Group Therapy on Distress Tolerance and Social Anxiety in Students

Public title
Effectiveness of Cognitive-Behavioral Therapy-Based Group Therapy on Distress Tolerance and Social Anxiety

Purpose
Treatment

Inclusion/Exclusion criteria

Inclusion criteria:
Being a student and being enrolled at Islamic Azad University, Shiraz Branch Obtaining a score indicative of social anxiety on the screening scale Willingness and informed consent to participate in the study

Exclusion criteria:
Having a severe psychiatric disorder that prevents effective participation in the sessions Receiving similar psychotherapy concurrently at the time of enrollment in the study Inability to attend the group therapy sessions regularly

Age
No age limit

Gender
Both

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **50**

Randomization (investigator's opinion)
Randomized

Randomization description
The eligible participants will be assigned to the experimental and control groups using simple randomization with the individual participant as the unit of randomization. After identifying eligible participants and obtaining informed consent, the allocation sequence of the participants to the experimental and control groups will be determined using a table of random numbers. The group assignment of each participant will be determined after the randomization process is completed.

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 for Research of Islamic Azad University, Marvdasht Branch

Street address
3rd Kilometer, Takht-e Jamshid Blvd., Marvdasht

City
Marvdasht

Province
Fars

Postal code
73711-13119

Approval date
2026-08-11, 1405/05/20

Ethics committee reference number
IR.IAU.M.REC.1405.394

Health conditions studied

1

Description of health condition studied
Social Anxiety

ICD-10 code
F40.1

ICD-10 code description
Social phobias

2

Description of health condition studied
Distress Tolerance

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description
Social anxiety score on the Social Phobia Inventory (SPIN)

Timepoint
Measurement at pretest, before the intervention, and at posttest, after completion of 10 group therapy sessions.

Method of measurement
Social Phobia Inventory

2

Description
Distress tolerance score on the Distress Tolerance Scale (DTS)

Timepoint
Measurement at pretest, before the intervention, and at posttest, after completion of 10 group therapy sessions.

Method of measurement
Distress Tolerance Scale

Secondary outcomes

empty

Intervention groups

1

Description
Intervention group: Receiving 10 weekly sessions of cognitive-behavioral therapy-based group therapy, with each session lasting 90 minutes, based on the standard cognitive-behavioral therapy protocol.
Category
Behavior

2

Description
Control group: Not receiving cognitive-behavioral therapy-based group therapy during the study period.
Category
N/A

Recruitment centers

1

Recruitment center
Name of recruitment center
Islamic Azad University, Shiraz Branch
Full name of responsible person
Marzieh Zare Mohazabieh
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Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Islamic Azad University
Full name of responsible person
Dr. Ruhollah Ershadi
Street address
Valayat Building, Beginning of Shahid Raisali Delvari Boulevard, Shohada Square, Bushehr
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info@bushehr.iau.ir
Web page address
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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
Marzieh Zare Mohazabieh
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

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Name of organization / entity

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Full name of responsible person
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Position
Assistant Professor

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Psychology

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Person responsible for updating data

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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 further information is available.

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
Not applicable

Analytic Code
Not applicable

Data Dictionary
Not applicable