Clinical Trial Protocol
Iranian Registry of Clinical Trials

08 Nov 2026

The effectivenss cognitive behavioral and relegies belives social, anxiety and academic performance of high school girl students

Protocol summary

Study aim
The Effectiveness of Cognitive Behavioral Intervention and Religious Beliefs on Social Anxiety, Test Anxiety, and Academic Performance of Female High School Students

Design
A controlled clinical trial with parallel groups, without blinding, randomized, on 45 patients. The rand function of Excel software will be used for randomization.

Settings and conduct
The statistical population in this study will include female students in the second year of secondary school of Hazrat Zeinab Kobra High School (S) in the specified time period for the study in Khorramshahr city who are having problems in terms of social anxiety, test anxiety, and academic performance according to school counselors and teaching staff. The available sampling method will be used in the sample selection stage. After selecting the samples to a volume of 45 people based on the study's entry and exit criteria, the participants will be randomly assigned to three groups: "cognitive behavioral intervention" (intervention group 1), "religious beliefs" (intervention group 2), and "waiting list" (control group).

Participants/Inclusion and exclusion criteria
Inclusion criteria: Female high school students, scoring above the cut-off point on social anxiety and test anxiety questionnaires, expressing a desire and belief in religious principles. Exclusion criteria: receiving other psychological interventions or medication for anxiety in the past 3 months, unwillingness to participate in the study.

Intervention groups
Intervention group 1: All individuals who will receive the cognitive behavioral intervention. Intervention group 2: All individuals who will receive the religious beliefs intervention. Control group: All individuals who will not receive any intervention.

Main outcome variables
Social anxiety, test anxiety, academic performance

General information

Reason for update

Acronym

IRCT registration information
IRCT registration number: **IRCT20260908070981N1**
Registration date: **2026-09-11, 1405/06/20**
Registration timing: **prospective**

Last update: **2026-09-11, 1405/06/20**
Update count: **0**

Registration date
2026-09-11, 1405/06/20

Registrant information

Name
Fatemeh Hoseynikhah

Name of organization / entity

Country
Iran (Islamic Republic of)

Phone
+98 61 3333 3333

Email address
f.tina1394@gmail.com

Recruitment status
Recruitment complete

Funding source

Expected recruitment start date
2026-10-02, 1405/07/10

Expected recruitment end date
2026-10-12, 1405/07/20

Actual recruitment start date
empty

Actual recruitment end date
empty

Trial completion date
empty

Scientific title

The effectivenss cognitive behavioral and relegies belives social, anxiety and academic performance of high school girl students

Public title
Investigating the effect of a combined cognitive-behavioral intervention and religious beliefs on reducing anxiety symptoms in adolescent girls
Purpose
Education/Guidance
Inclusion/Exclusion criteria
Inclusion criteria:
Female high school students Achieving scores above the cutoff point on social anxiety and test anxiety questionnaires Expressing a desire and belief in religious principles.
Exclusion criteria:
Receiving other psychological interventions or medication for anxiety within the past 3 months Unwillingness to participate in the study
Age
From **15 years** old to **18 years** old
Gender
Female

Phase
N/A
Groups that have been masked
No information
Sample size
Target sample size: **45**
Randomization (investigator's opinion)
Randomized
Randomization description
The statistical population in this study will include female high school students in the specified time period for the study who are considered by school counselors and teaching staff to be having problems with social anxiety, test anxiety, and academic performance. The convenience sampling method will be used in the sample selection stage. After selecting a sample size of 45 people based on the study's entry and exit criteria, the participants will be randomly assigned to three groups: "cognitive behavioral intervention" (intervention group 1), "religious beliefs" (intervention group 2), and "waiting list" (control group). Randomization will be performed using the random block method with variable sizes (4 and 6 people) by an independent statistician who is not involved in the implementation process. The random allocation list will be generated using the RAND function in Excel software and then placed in opaque, sealed, and numbered envelopes so that the researcher and participants are not aware of the allocation sequence (allocation concealment). Opening the envelope and informing the group allocation will only be done when each participant enters the study. To ensure the equality of the baseline variables (such as anxiety level, age), their distribution in the two groups will be examined during the statistical analysis stage.
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, Ahvaz Branch, Islamic Azad University
Street address
Opposite Keshavarz Street, Farhang Shahr, Golestan Highway
City
Ahvaz
Province
Khouzestan
Postal code
6134937333
Approval date
2026-07-14, 1405/04/23
Ethics committee reference number
IR.IAU.AHVAZ.REC.1405.438

Health conditions studied

1

Description of health condition studied
Anxiety disorder
ICD-10 code
F40
ICD-10 code description
Phobic anxiety disorders

Primary outcomes

1

Description
Social Anxiety
Timepoint
1. Pre-test (before the start of the intervention) 2. Post-test (immediately after the end of the intervention period) 3. One-month follow-up after the intervention
Method of measurement
The measurement method will be the Reynolds and Richmond (1978) Social Anxiety Questionnaire.

2

Description
Test Anxiety
Timepoint
1. Pre-test (before the start of the intervention) 2. Post-

test (immediately after the end of the intervention period) 3. One-month follow-up after the intervention

Method of measurement

The way to measure anxiety will be the Sarason (1958) test.

3

Description

Academic Performance

Timepoint

1. Pre-test (before the start of the intervention) 2. Post-test (immediately after the end of the intervention period) 3. One-month follow-up after the intervention

Method of measurement

The measurement will be by academic performance.

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: Cognitive-behavioral intervention. Session duration: 90 minutes. Total sessions: 8. Session frequency: Twice weekly. Therapeutic tools: This intervention focuses on identifying, challenging, and modifying maladaptive thought patterns and replacing them with adaptive responses. Key therapeutic tools include: psychoeducation on the nature of anxiety; cognitive identification and restructuring; exposure techniques; muscle relaxation techniques; training in time management and effective study skills; and stress management during testing situations. Session content: Session 1: Pre-testing; establishing the therapeutic alliance; introducing the cognitive model (the link between thoughts, emotions, and behaviors); and explaining the role of maladaptive thoughts in social and test anxiety. Session 2: Training in identifying negative automatic thoughts; introducing common cognitive distortions among students; and practicing thought recording in stressful situations. Session 3: Teaching progressive muscle relaxation techniques as a tool to manage physiological anxiety responses during study and exams. Session 4: Gradual exposure techniques; challenging irrational beliefs regarding "being judged by others"; and replacing them with realistic thoughts. Session 5: Enhancing academic coping skills; teaching study planning, time management, and overcoming procrastination; and practicing cognitive restructuring regarding grade-related concerns. Session 6: Examining "negative perfectionism" beliefs and their role in test anxiety; using "reminder cards" to replace anxiety-inducing thoughts with positive, rational affirmations. Session 7: "Problem-solving" practice for challenging social and academic situations; training in assertiveness skills to improve social interactions at school. Session 8: Review of material covered, relapse prevention, and addressing students' final questions; administration of the post-test and coordination for the follow-up assessment.

Category

Lifestyle

2

Description

Intervention group: Religious Beliefs Intervention: Duration per session: 90 minutes. Total sessions: 8. Frequency: Twice weekly. Therapeutic tools: This intervention focuses on activating religious resources—such as *tawakkul* (trust in God), prayer, and supplication—as protective factors against stress. Key therapeutic tools include: guided discussions centered on religious texts; spiritual meditation exercises; analysis of religious beliefs that effectively counter anxiety; and training in active *tawakkul* as an alternative to irrational worry. Session Content: Session 1: Pre-test administration; explaining the link between mental health and religious beliefs; introducing the concept of *tawakkul* as a strategy to reduce anxiety and accept the outcomes of school efforts. Session 2: Examining the role of self-esteem from a religious perspective; discussing "self-worth" to cope with the fear of judgment in social and classroom settings. Session 3: Teaching relaxation techniques centered on *dhikr* (remembrance of God) and reflection on divine verses; using religious affirmations to manage the physiological responses associated with exam anxiety. Session 4: Exploring "prayer" as a tool for emotional release; learning how to converse with God during moments of solitude and anxiety to reduce feelings of isolation in social situations. Session 5: Elevating the concept of "effort and diligence" to the status of a moral and religious duty; discussing "procrastination" through the lens of religious discipline and fostering greater responsibility for academic performance. Session 6: Examining the maladaptive nature of distorted religious beliefs; reframing one's view of God to emphasize His mercy, thereby alleviating the pressure of perfectionism regarding exams. Session 7: Teaching skills to cope with disappointment and failure through the concepts of "patience" and "contentment"; using gratitude techniques to shift focus from perceived deficiencies to personal strengths. Session 8: Summarizing the sessions and integrating reliance on the Divine (*tawakkul*) with practical effort in student life; offering final suggestions for maintaining composure during exam periods; administering the post-test and scheduling the follow-up assessment.

Category

Lifestyle

3

Description

Control group: They will not receive any intervention during the course of the study; however, to prevent threats to internal validity—such as compensatory rivalry in the control group or demoralization—they will receive the intervention after the data collection phase.

Category

Lifestyle

Recruitment centers

1

Recruitment center

Name of recruitment center
Hazrat-e Zeinab Girls' High School
Full name of responsible person
Fatemeh Hosseinikhah
Street address
Opposite the Border Residents' Cooperative, 2nd Sotoodeh St., Kout Al-Sheikh
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Email
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Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Islamic Azad University
Full name of responsible person
Aslan Egdarnezhad
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6134937333
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Email
a_eigder@ymail.com

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
Fatemeh Hosseinikhah
Position
Master's Student
Latest degree
Bachelor
Other areas of specialty/work
Psychology
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Person responsible for scientific inquiries

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Person responsible for updating data

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Sharing plan

Deidentified Individual Participant Data Set (IPD)
Undecided - It is not yet known if there will be a plan to make this available
Study Protocol
Undecided - It is not yet known if there will be a plan to make this available
Statistical Analysis Plan
Not applicable
Informed Consent Form
Undecided - It is not yet known if there will be a plan to make this available
Clinical Study Report
Undecided - It is not yet known if there will be a plan to make this available
Analytic Code
Not applicable
Data Dictionary
Not applicable