Clinical Trial Protocol
Iranian Registry of Clinical Trials

08 Nov 2026

Examining the Effectiveness of a Self-Working Psychotherapy Program on the Components of the Self-Working Scale in Female Students with Insecure Attachment Styles

Protocol summary

Study aim
To examine the effectiveness of a Self-Working Psychotherapy Program on the components of the Self-Working Scale in female students with insecure attachment styles.

Design
Randomized, unblinded, parallel-group interventional study with 30 female students, allocated to experimental and control groups of 15 each.

Settings and conduct
Female students at Islamic Azad University, Ahvaz Branch will be recruited and screened online. The experimental group will receive 14 sessions of the self-working educational-therapeutic program, while the control group will receive no intervention. Posttest will be conducted in both groups.

Participants/Inclusion and exclusion criteria
Participants are female students aged 18 to 45 years with insecure attachment styles. Inclusion: female; student; age 18 to 45 years; score equal to or above the mean plus one standard deviation on at least one attachment anxiety or avoidance dimension of the Experiences in Close Relationships Revised questionnaire; informed consent; willingness to attend sessions regularly. Exclusion: severe mental disorders; history or current drug use; concurrent psychological interventions.

Intervention groups
Participants will be randomly allocated to two groups, with 15 participants in each group. The experimental group will receive a self working educational therapeutic program in 14 sessions. The control group will not receive the self working educational therapeutic program during the intervention period.

Main outcome variables
Total score of the Self-Working Scale; Body-Working; Emotion-Working; Perception-Working; Attention-Working; Future-Working; Life-Workin

General information

Reason for update
Acronym
IRCT registration information
IRCT registration number: **IRCT20260913071041N1**
Registration date: **2026-10-13, 1405/07/21**
Registration timing: **prospective**

Last update: **2026-10-13, 1405/07/21**
Update count: **0**

Registration date
2026-10-13, 1405/07/21

Registrant information

Name
Leyla Shojaeipanah
Name of organization / entity
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Iran (Islamic Republic of)
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Recruitment status
recruiting
Funding source

Expected recruitment start date
2026-10-17, 1405/07/25
Expected recruitment end date
2026-12-21, 1405/09/30
Actual recruitment start date
empty
Actual recruitment end date
empty

Trial completion date
empty

Scientific title
Examining the Effectiveness of a Self-Working Psychotherapy Program on the Components of the Self-Working Scale in Female Students with Insecure Attachment Styles

Public title
Effectiveness of a Self-Working Psychotherapy Program on the Components of the Self-Working Scale in Female Students with Insecure Attachment Styles

Purpose
Education/Guidance

Inclusion/Exclusion criteria

Inclusion criteria:
1. Being a female student at Islamic Azad University, Ahvaz Branch2. Being 18 to 45 years old3. Having an insecure attachment style based on the screening instrument used in the study4. Willingness to participate in the study and providing informed consent

Exclusion criteria:
1. Having a condition or problem identified during the initial assessment that prevents participation in the intervention sessions2. Inability to provide informed consent to participate in the study

Age
From **18 years** old to **45 years** old

Gender
Female

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **15**

Randomization (investigator's opinion)
Randomized

Randomization description
After selecting 30 eligible participants, participants will be randomly allocated at the individual level to the intervention and control groups using simple randomization. A statistical software program will be used to generate the random allocation sequence. Each participant will be assigned a unique code, and the codes will be randomly allocated to the intervention and control groups, with 15 participants in each group. Where feasible, the allocation sequence will be kept by the person responsible for allocation, and the researcher will not have access to the sequence before participant allocation.

Blinding (investigator's opinion)
Not blinded

Blinding description

Placebo
Not used

Assignment
Parallel

Other design features
This study is a quasi-experimental pretest-posttest study with two parallel groups: an intervention group and a control group. A total of 30 eligible participants will be selected through purposive sampling after screening and will be randomly allocated at the individual level to two groups of 15 participants. The intervention group will receive the self-working psychotherapeutic program over 14 sessions, while the control group will not receive the program during the intervention period. A pretest will be administered before the intervention and a posttest will be administered after completion of the intervention in both groups.

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee
Ethics Committee of Islamic Azad University, Ahvaz Branch

Street address
Koy-e Nobovat, Motahhar 6 Street, Helal 1st Alley, No. 18

City
Ahvaz

Province
Khouzestan

Postal code
6177983919

Approval date
2026-09-13, 1405/06/22

Ethics committee reference number
IR.IAU.AHVAZ.REC.1405.537

Health conditions studied

1

Description of health condition studied
Insecure Attachment Styles

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description
Total score of the Self-Working Scale

Timepoint
At baseline, before the intervention, and immediately after completion of the 14 intervention sessions

Method of measurement
The Self-Working Scale, consisting of 36 items across six components: Body-Working, Emotion-Working, Perception-Working, Attention-Working, Future-Working, and Life-Working

Secondary outcomes

1

Description
Body-Working Score
Timepoint
At baseline, before the intervention, and immediately after completion of the 14 intervention sessions
Method of measurement
The Body-Working component of the 36-item Self-Working Scale

2

Description
Emotion-Working Score
Timepoint
At baseline, before the intervention, and immediately after completion of the 14 intervention sessions
Method of measurement
The Emotion-Working component of the 36-item Self-Working Scale

3

Description
Perception-Working Score
Timepoint
At baseline, before the intervention, and immediately after completion of the 14 intervention sessions
Method of measurement
The Perception-Working component of the 36-item Self-Working Scale

4

Description
Attention-Working Score
Timepoint
At baseline, before the intervention, and immediately after completion of the 14 intervention sessions
Method of measurement
The Attention-Working component of the 36-item Self-Working Scale

5

Description
Future-Working Score
Timepoint
At baseline, before the intervention, and immediately after completion of the 14 intervention sessions
Method of measurement
The Future-Working component of the 36-item Self-Working Scale

6

Description
Life-Working Score
Timepoint
At baseline, before the intervention, and immediately after completion of the 14 intervention sessions
Method of measurement
The Life-Working component of the 36-item Self-Working Scale

Intervention groups

1

Description
Intervention group: Intervention group: receiving a self-working educational-therapeutic program in 14 sessions, two sessions per week, each lasting 2 hours. Table 4-3. Fourteen-Session Self-Training Program (Jahoori-Fard, 2024)Session ContentSession 1 Introduction and familiarization with group norms; introduction to the concepts of stress and psychosomatic disordersSession 2 Step 1: Body Working: Body-awareness, relaxation, and body-training exercisesSession 3 Step 2: Emotion Working: Emotional release exercisesSession 4 Step 2: Emotion Working: Externalization exercises; introduction to Beneh-Sazi exercisesSession 5 Step 2: Emotion Working: External Beneh-Sazi exercises (identifying external Beneh-Saz factors using the Solar Network)Session 6 Step 2: Emotion Working: Internal Beneh-Sazi exercises (identifying internal Beneh-Saz factors using the Solar Network)Session 7 Step 3: Perception Working: Conceptualization exercisesSession 8 Step 3: Perception Working: Narrative construction exercisesSession 9 Step 4: Attention Working: Separation from the past, present awareness, and gratitudeSession 10 Step 5: Future Working: Self-exploration, identification of strengths, and valuesSession 11 Step 5: Future Working: Constructive Beneh-Saz factors (identifying constructive Beneh-Saz factors using the Solar Network)Session 12Step 6: Life Working: Living with conscious themes; living with mature themes Session 13 Step 6: Life Working: Living with responsible themes; living with creative themesSession 14 Review of feedback and summary
Category
Treatment - Other

2

Description
Control group: will not receive the self-working educational-therapeutic program during the intervention period.
Category
N/A

Recruitment centers

1

Recruitment center
Name of recruitment center
Islamic Azad University, Ahvaz Branch
Full name of responsible person
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Sponsors / Funding sources

1

Sponsor

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Full name of responsible person
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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
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Full name of responsible person
Leyla shojaeipanah

Position
Master’s Student in Psychology

Latest degree
Bachelor

Other areas of specialty/work
Psychology

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Latest degree
Bachelor

Other areas of specialty/work
Psychology

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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

Due to the psychological nature of the data and the need to maintain participant confidentiality, there is no plan to share the individual participant data file, even in de-identified form.

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

No - There is not a plan to make this available

Clinical Study Report

Not applicable

Analytic Code

Not applicable

Data Dictionary

Not applicable

Title and more details about the data/document

The study protocol includes the study objectives, research design, inclusion and exclusion criteria, sampling and random allocation procedures, description of the self-working educational-therapeutic intervention, measurement instruments, and general study procedures. The final study protocol will be available for sharing after completion of the study and publication of the main results.

When the data will become available and for how long

Access will begin after publication of the main study results and will remain available for research purposes thereafter.

To whom data/document is available

Researchers and academic staff from universities and scientific or research institutions whose requests are related to legitimate scientific and research purposes.

Under which criteria data/document could be used

The protocol may be used for legitimate scientific and research purposes. Its use must respect the scientific rights of the researchers and must not involve commercial use or presentation of its content as an independent study.

From where data/document is obtainable

Applicants may submit their request by email to the study’s thesis supervisor, Dr. Reza Johari-Fard, at rjoharifard@gmail.com.

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

The applicant should submit a request by email and provide their name, institutional affiliation, research purpose, and intended use of the requested document. The request will be reviewed and, if approved, the document will be provided by email

Comments