Clinical Trial Protocol
Iranian Registry of Clinical Trials

09 Nov 2026

The effectiveness of anxiety-regulation short-term dynamic psychotherapy(STDP) on defense styles and emotional expressiveness in social phobia patients

Protocol summary

Summary

Introduction: this study is conducted to investigating The effectiveness of anxiety-regulation short-term dynamic psychotherapy(STDP) on defense styles and emotional expressiveness in social phobia patients. Method: This project is a kind of multiple – baseline experimental single case study (Kazdin, 1992). Sample includes six cases and they are selected based on purposeful sampling. This intervention is conducted based on McCullough's manual for short term dynamic psychotherapy. McCullough's short term dynamic psychotherapy was prepared for restructuring defences, affects and attachments (McCullough. 1997). In general, this study have three phases. The first phase is baseline evaluation, the second phase is intervention and the third phase is three months of follow up. Intervention includes 20 weekly therapeutic sessions (each session 45 minutes) based on the manual. Instruments in this research are Defense Style Questionnaire(DSQ),Emotional Expressiveness ##Questionnaire (EEQ),social phobia inventory(SPIN), Global Assessment Function(GAF) of DSM-IV. Two methods, clinical significance and recovery percent formula are used for data analysis. When individual's scores in target problems decreased to the normal level, it concluded that results clinically are significant. In other words, individual's scores in inventories must decrease below the cut-off point to be consider clinically significant. Recovery percent formula is one of the methods to assess client's progress in decreasing target problems. More than 50% recovery in results is considered clinically significant (kazdin, 1992). Key words: social phobia syndrome,defense styles, emotional expressiveness, short term dynamic psychotherapy.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2013012212237N1**
Registration date: **2013-01-27, 1391/11/08**
Registration timing: **retrospective**

Last update:
Update count: **0**

Registration date

2013-01-27, 1391/11/08

Registrant information

Name
Mostafa Mahmoudi Ghehsareh
Name of organization / entity
Raha counseling center
Country
Iran (Islamic Republic of)
Phone
+98 31 3663 6684
Email address
mstfmahmoudi@yahoo.com

Recruitment status

Recruitment complete

Funding source

Ferdowsi University of Mashhad

Expected recruitment start date

2012-11-07, 1391/08/17

Expected recruitment end date

2013-01-06, 1391/10/17

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title
The effectiveness of anxiety-regulation short-term dynamic psychotherapy(STDP) on defense styles and emotional expressiveness in social phobia patients

Public title
The effectiveness of anxiety-regulation short-term dynamic psychotherapy(STDP) on defense styles and emotional expressiveness in social phobia patients

Purpose
Treatment

Inclusion/Exclusion criteria
Inclusion criteria were: 1) 20 – 30 years old; 2) Global assessment function scale (GAF) scores between 50 – 61 and 3) no medication or any form of therapy. Exclusion criteria were: serious clinical syndromes or personality disorders (such as psychosis, Bipolar disorder or Borderline Personality Disorder)

Age
From **22 years** old to **30 years** old

Gender
Male

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **6**

Randomization (investigator's opinion)
N/A

Randomization description

Blinding (investigator's opinion)
Not blinded

Blinding description

Placebo
Not used

Assignment
Single

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee
Faculty of Psychology;Ferdowsi University of Mashhad

Street address
Azadi Square

City
Mashhad

Postal code
۹۱۷۷۹۴۸۹۷۴

Approval date
2012-11-06, 1391/08/16

Ethics committee reference number
3765

Health conditions studied

1

Description of health condition studied
social phobia

ICD-10 code
F40.1

ICD-10 code description
social phobias

Primary outcomes

1

Description
Defense styles

Timepoint
4 weeks and 2 weeks before intervetion. 1th session, 5th session, 10th session, 15th session, 20th session of intervention. one and three months after intervention

Method of measurement
Defense Style Questionnaire(DSQ)

2

Description
social phobia

Timepoint
4 weeks and 2 weeks before intervetion. 1th session, 5th session, 10th session, 15th session, 20th session of intervention. one and three months after intervention

Method of measurement
social phobia inventory(SPIN)

3

Description
Emotional Expressiveness

Timepoint
4 weeks and 2 weeks before intervetion. 1th session, 5th session, 10th session, 15th session, 20th session of intervention. one and three months after intervention

Method of measurement
Emotional Expressiveness ##Questionnaire (EEQ)

Secondary outcomes

1

Description
Global assessment function scale score (GAF) of DSM-IV

Timepoint
one month before interventin, 1th session and 20th session of intervention, three month after intervention

Method of measurement
Global assessment function scale(GAF) of DSM-IV

Intervention groups

1

Description
The effectiveness of anxiety-regulation short-term dynamic psychotherapy(STDP) confirmed on 6 social phobia patient.; psychotherapy intervention group received 20 sessions. Individual psychotherapy sessions were held twice per week, each session lasting 45 minutes. Psychodynamic interventions were performed based on McCullough's treatment Manual(2003). This type of treatment was composed of three main parts: defenses restructuring, affect restructuring and restructuring of sense of self/others(1997). also This project is a kind of multiple – baseline experimental single case study (Kazdin, 1992). In general, this study includes three stages, the first stage is baseline evaluation, the second is intervention and the third is three months follow up.

Category
Other

Recruitment centers

1

Recruitment center

Name of recruitment center
Psychological & counseling clinic

Full name of responsible person
Dr zahra Tabibi

Street address
Ferdowsi University of Mashhad

City
Mashhad

Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Ferdowsi University of Mashhad

Full name of responsible person
Bakhtiar Shabani Varaki (Ph.D)

Street address
Vice chancellor for Research,Ferdowsi University of Mashhad,Azadi Square,

City
Mashhad

Grant name

Grant code / Reference number

Is the source of funding the same sponsor organization/entity?
Yes

Title of funding source
Ferdowsi University of Mashhad

Proportion provided by this source
100

Public or private sector
empty

Domestic or foreign origin
empty

Category of foreign source of funding
empty

Country of origin

Type of organization providing the funding
empty

Person responsible for general inquiries

Contact

Name of organization / entity
Faculty of Psychology, Ferdowsi University of Mashhad

Full name of responsible person
Mostafa Mahmoudi Ghehsareh

Position
Graduate student

Other areas of specialty/work

Street address
Azadi Square

City
Mashhad

Postal code

Phone
+98 51 1880 3000

Fax

Email
mstfmahmoudi@yahoo.com

Web page address

Person responsible for scientific inquiries

Contact

Name of organization / entity
Faculty of Psychology; Ferdowsi University of Mashhad

Full name of responsible person
Mostafa Mahmoudi Ghehsareh

Position
Graduate student

Other areas of specialty/work

Street address
Azadi Square

City
Mashhad

Postal code

Phone
+98 51 1880 3000

Fax

Email
mstfmahmoudi@yahoo.com

Web page address

Person responsible for updating data

Contact

Name of organization / entity
Faculty of Psychology, Ferdowsi University of Mashhad

Full name of responsible person

Mostafa Mahmoudi Ghehsareh

Position

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Other areas of specialty/work

Street address

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Fax

Email

mstfmahmoudi@yahoo.com

Web page address

Sharing plan

Deidentified Individual Participant Data Set (IPD)

empty

Study Protocol

empty

Statistical Analysis Plan

empty

Informed Consent Form

empty

Clinical Study Report

empty

Analytic Code

empty

Data Dictionary

empty