Clinical Trial Protocol
Iranian Registry of Clinical Trials

09 Nov 2026

The Effectiveness of Body Psychotherapy Techniques (BPT) on stress and salivary cortisol level in High School Students in Gorgan

Protocol summary

Summary

Body Psychotherapy Techniques (BPT) is a program that teaches people how to deal more effectively with stressors. In the present study, we evaluate the effectiveness of body psychotherapy treatment on stress and salivary cortisol level in high school girls students. Materials and Methods: This Randomized clinical trials study with pre- post tests will be performed on 20 female students as case group and 20 participants serving as controls (15-18 years) in Gorgan, Iran . To determine stress, Cohen Stress Scale are administered at two points of measurement (before educational sessions and at the end of therapy), also their salivary samples collected directly after awakening as well as 15, 30, and 45 min later (the day before and after treatment). BPT group-education is given to the experimental group in nine sessions during two months. Data analysis is performed using SPSS software and unpaired t-test.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2014053113776N2**
Registration date: **2014-06-14, 1393/03/24**
Registration timing: **registered_while_recruiting**

Last update:
Update count: **0**

Registration date

2014-06-14, 1393/03/24

Registrant information

Name

Hossein Amini

Name of organization / entity

Golestan University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

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Email address

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Recruitment status

Recruitment complete

Funding source

Golstan Universty of Medical Sciences

Expected recruitment start date

2014-05-31, 1393/03/10

Expected recruitment end date

2014-07-07, 1393/04/16

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The Effectiveness of Body Psychotherapy Techniques (BPT) on stress and salivary cortisol level in High School Students in Gorgan

Public title

Body Psychotherapy Techniques (BPT) on stress

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion Criteria: Healthy, female, student, High stress
Exclusion: PMS syndrome, Menstural period

Age

From **15 years** old to **18 years** old

Gender

Female

Phase

2

Groups that have been masked

No information

Sample size
Target sample size: **40**

Randomization (investigator's opinion)
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
tarbiat Modarres Uinversity

Street address
Jalal Ale Ahmad, Nasr bridge

City
Tehran

Postal code
5331-1411

Approval date
2014-05-26, 1393/03/05

Ethics committee reference number
d52/1554

Health conditions studied

1

Description of health condition studied
Stress

ICD-10 code
F41.1

ICD-10 code description
Generalized anxiety disorder

Primary outcomes

1

Description
Stress

Timepoint
9 weeks

Method of measurement
Questionnaire

2

Description
Salivary cortisol

Timepoint
0, 15th, 30th and 45th minutes

Method of measurement
ELISA kit

Secondary outcomes

empty

Intervention groups

1

Description
Treatment group will receive educational sessions after pre-test of Cohn stress scale. Salivary cortisol samples will be collected pre and post educational sessions a brief description of sessions of body-psychotherapy is as follows: session1: empathy between therapist and clients, between clients, description of group rules by therapist, introduction to body-psychotherapy. Session2: introduction to body-psychotherapy, exploration of stressors and physiologic symptoms of stress in the body, providing information to increase awareness through body exercises, giving homework such as writing daily experience of body responses in stressful conditions. Session3: discussion about personal experience of group members, training breath practice to overcome stress and concentration on body, teaching how a person can communicate with ignored parts of body, giving homework. Session 4: performing breath practice, relaxation of stressful body organs, providing information regarding defense, avoidance, blocks and trauma on stress level, Training of radix and bioenergetics techniques, giving homework. Session5: exploration of blocks, avoidances, defenses and traumas by group members, evaluation of body emotions and their relations to avoidances, blocks, traumas, giving homework. Session 6: description of boundary between self and others, ability to feel yourself and others, teaching shiron and embodied relational therapy, giving homework. Session7: providing information regarding integrity of body and psyche, description of conscious control, teaching somatic and emotional therapy techniques, giving homework. Session 8: mindfulness regarding body sensations, emotions and memories, teaching Hakomi technique, giving homework. Session9: review of previous sessions, summary of sessions, performing post-test of Cohn stress scale and asking for collecting salivary cortisol in the next morning.

Category
Behavior

2

Description
For control group, we perform Cohn stress scale test as treatment group. Moreover, salivary cortisol will be collected at the same time schedule. Control group will not receive educational sessions.

Category
N/A

Recruitment centers

1

Recruitment center
Name of recruitment center
Foroogh Danesh High school
Full name of responsible person
Street address
City
Gorgan

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Golestan university of medical Sciences
Full name of responsible person
Dr. Hossein Amini
Street address
Km 2 Sari Road, Shast Kola Road
City
Gorgan
Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
Golestan university of medical Sciences
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
Tarbiat Modarress University
Full name of responsible person
Dr. Mohammad Javan
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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