Clinical Trial Protocol
Iranian Registry of Clinical Trials

08 Nov 2026

Comparison of the efficacy of Cognitive-Behavioral Therapy for Perfectionism (CBT-P) versus Unified Protocol for Transdiagnostic Treatment (UP) in the individuals with clinical perfectionism and anxiety and depressive disorders

Protocol summary

Study aim

The purpose of this study is comparison of efficacy of Cognitive-Behavioral Therapy for Perfectionism (CBT-P), Unified Protocol for Transdiagnostic Treatment (UP), and waitlist control group in reduction in symptoms of depression and anxiety and transdiagnostic factors in the individuals with anxiety and depressive disorders and with clinical perfectionism too.

Design

First, by using sample size determination formula and with predicting the drop out of participants during the research process, 90 eligible individuals are randomly allocated to two treatment and one control conditions

Settings and conduct

The study is conducted in the psychology ward of Taleghani Hospital of Tehran and Shahid Beheshti University Counseling Center. Both treatments are administered individually and by one therapist (due to the similarity of both therapeutic approaches and the control of the therapist effect).

Participants/Inclusion and exclusion criteria

Age over 18 years; Diagnosis of at least one of anxiety disorders or depression; High perfectionism; No severe or moderate suicidality; Absence of psychosis; No substance or drug abuse; No drug treatment or other psychotherapies simultaneously.

Intervention groups

A group treated with cognitive-behavioral perfectionism; a group treated with the UP model of transdiagnostic treatment; the waiting list group did not receive intervention until the end of the treatment sessions.

Main outcome variables

Level of Perfectionism; General Severity of Anxiety; General Severity of Depression; Severity of Social Anxiety; Severity of panic; strategies of Emotion Regulation; Quality of Life

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20190713044191N1**
Registration date: **2019-09-15, 1398/06/24**
Registration timing: **retrospective**

Last update: **2019-09-15, 1398/06/24**
Update count: **0**

Registration date

2019-09-15, 1398/06/24

Registrant information

Name

Mohammad Mahmoodi

Name of organization / entity

Country

Iran (Islamic Republic of)

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Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2017-04-22, 1396/02/02

Expected recruitment end date

2017-06-22, 1396/04/01

Actual recruitment start date

2017-04-22, 1396/02/02

Actual recruitment end date

2017-07-23, 1396/05/01

Trial completion date

2018-11-03, 1397/08/12

Scientific title
Comparison of the efficacy of Cognitive-Behavioral Therapy for Perfectionism (CBT-P) versus Unified Protocol for Transdiagnostic Treatment (UP) in the individuals with clinical perfectionism and anxiety and depressive disorders

Public title
Comparison of the efficacy of Cognitive-Behavioral Therapy for Perfectionism (CBT-P) versus Unified Protocol for Transdiagnostic Treatment (UP) in the individuals with emotional disorders

Purpose
Treatment

Inclusion/Exclusion criteria

Inclusion criteria:
To have elevated perfectionism, defined by a score greater than 24.7 on the Concern over Mistakes (CM) subscale of the Frost Multidimensional Perfectionism Scale A score greater than18 on the depression (D) and greater than16 on the anxiety (A), subscales of the DAS Scale Diagnosis of one of anxiety disorders or depression at least, based on diagnostic criterias in DSM-5

Exclusion criteria:
self-harm behaviors moderate or severe suicidality psychosis drug or substance abuse

Age
From **18 years** old to **50 years** old

Gender
Both

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **90**
Actual sample size reached: **64**

Randomization (investigator's opinion)
Randomized

Randomization description
After baseline assessment, participants are randomly allocated to treatment or control conditions. Randomisation is conducted using randomised number lists generated by Saghaei's (2004) Random Allocation Software Version 1.0

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 of Shahid Beheshti University of Medical Sciences

Street address
Third Floor, Faculty of Medicine, next toTaleghani Hospital, Evin, Shahid Chamran Highway

City
Tehran

Province
Tehran

Postal code
193954719

Approval date
2017-01-31, 1395/11/12

Ethics committee reference number
IR.SBMU.MSP.REC.1395.439

Health conditions studied

1

Description of health condition studied
Major depressive disorder, single episode

ICD-10 code
F32

ICD-10 code description
Major depressive disorder, single episode

2

Description of health condition studied
Major depressive disorder, recurrent

ICD-10 code
F33

ICD-10 code description
Major depressive disorder, recurrent

3

Description of health condition studied
Persistent mood disorders

ICD-10 code
F34

ICD-10 code description
Persistent mood [affective] disorders

4

Description of health condition studied
Social phobia

ICD-10 code
F40.1

ICD-10 code description
Social phobias

5

Description of health condition studied
Panic disorder
ICD-10 code
F41.0
ICD-10 code description
Panic disorder

6

Description of health condition studied
Generalized anxiety disorder
ICD-10 code
F41.1
ICD-10 code description
Generalized anxiety disorder

7

Description of health condition studied
Mixed anxiety and depressive disorder
ICD-10 code
F41.2
ICD-10 code description
Mixed anxiety and depressive disorder

8

Description of health condition studied
Other mixed anxiety disorders
ICD-10 code
F41.3
ICD-10 code description
Other mixed anxiety disorders

Primary outcomes

1

Description
The general severity of anxiety
Timepoint
At baseline, at the end of treatment, and 3 months after treatment
Method of measurement
Beck Anxiety Inventory

2

Description
The general severity of depression
Timepoint
At baseline, at the end of treatment, and 3 months after treatment
Method of measurement
Beck Depression Inventory

3

Description
The severity of social anxiety
Timepoint
At baseline, at the end of treatment, and 3 months after treatment
Method of measurement
Connor Social Phobia Inventory (SPIN)

4

Description
The severity of Panic
Timepoint
At baseline, at the end of treatment, and 3 months after treatment
Method of measurement
Anxiety Sensitivity Inventory (ASI)

5

Description
The level of perfectionism
Timepoint
At baseline, at the end of treatment, and 3 months after treatment
Method of measurement
The Frost Multidimensional Perfectionism Scale (FMPS)

6

Description
Emotion regulation strategies
Timepoint
At baseline, at the end of treatment, and 3 months after treatment
Method of measurement
Growth Emotion Regulation Questionnaire (ERQ)

7

Description
Quality of Life
Timepoint
At baseline, at the end of treatment, and 3 months after treatment
Method of measurement
WHO Quality of Life Questionnaire (WHOQOL)

Secondary outcomes

empty

Intervention groups

1

Description
Intervention group 1: Cognitive Behavioral Treatment of Perfectionism (CBT-P): It consists of 12 therapeutic sessions that have been developed step by step based on the protocol proposed by Egan et al, (2014). sessions are held individually and once a week and each session lasts one hour.
Category
Treatment - Other

2

Description
Intervention group 2: Unified Transdiagnostic Treatment (UP): It consists of 12 therapeutic sessions that have been developed step by step based on the protocol proposed by Barlow et al, (2011). sessions are held individually and once a week and each session lasts one hour.

Category
Treatment - Other

3

Description
Control group: waiting list

Category
N/A

Recruitment centers

1

Recruitment center

Name of recruitment center
Ayatollah Taleghani Hospital

Full name of responsible person
Dr. Abbas Masjedi Arani

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Shahid Arabi Ave, Yaman AVE.

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2

Recruitment center

Name of recruitment center
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Full name of responsible person
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Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Vice chancellor for research, Shahid Beheshti University of Medical Sciences

Full name of responsible person
Seyed Ali Ziai

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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
Vice chancellor for research, Shahid Beheshti University of Medical Sciences

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
Shahid Beheshti University of Medical Sciences

Full name of responsible person
Mohammad Mahmoodi

Position
PhD student

Latest degree
Master

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
In this study, data will be reported collectively and there is no need to report individual data
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
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
No - There is not a plan to make this available
Data Dictionary
No - There is not a plan to make this available