Clinical Trial Protocol
Iranian Registry of Clinical Trials

08 Nov 2026

Comparison of the Effectiveness of Attachment-Based Intervention and Dialectical Behavior Therapy on Emotion Regulation, Food Response Styles, Food Cravings and BMI in Obese Students

Protocol summary

Study aim

The aim of this study was to compare of the effectiveness of attachment-based intervention and dialectical behavior therapy on emotion regulation, food response styles, food cravings and bmi in obese students

Design

Clinical trial with control group, with parallel groups, double-blind, randomized

Settings and conduct

The experimental groups of this study were trained in ruby counseling center in Sari. The method was group work, blinding was not performed in this study. The interventions were performed by psychiatrists in experimental groups.

Participants/Inclusion and exclusion criteria

Inclusion criteria: Includes body mass index above 30 Do not take psychiatric medications No history of receiving psychological interventions in the field of obesity Age range 13 to 15 years Exclusion criteria: Absence of more than one session of treatment sessions

Intervention groups

The first intervention group includes students with obesity who receive Attachment-Based Intervention. The second intervention group includes students with obesity who receive dialectical behavioral therapy. The control group includes obese students who do not receive intervention

Main outcome variables

Evaluation of Consumption cravings using obesity cravings questionnaire (trait form), Food Response Styles Evaluation Using Food Response Styles Scale, Emotion Regulation Evaluation Using Difficulty in Emotion Regulation, Three Stages of Evaluation at the Beginning of Intervention, The intervention was completed.

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20200405046962N1**
Registration date: **2020-04-19, 1399/01/31**
Registration timing: **retrospective**

Last update: **2020-04-19, 1399/01/31**
Update count: **0**

Registration date

2020-04-19, 1399/01/31

Registrant information

Name

Farshid alipour

Name of organization / entity

Kharazmi University of Tehran

Country

Iran (Islamic Republic of)

Phone

+98 81 3421 0573

Email address

alipoorfarshid@yahoo.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2019-10-23, 1398/08/01

Expected recruitment end date

2019-11-11, 1398/08/20

Actual recruitment start date

2019-11-11, 1398/08/20

Actual recruitment end date

2020-02-14, 1398/11/25

Trial completion date

2020-02-14, 1398/11/25

Scientific title
Comparison of the Effectiveness of Attachment-Based Intervention and Dialectical Behavior Therapy on Emotion Regulation, Food Response Styles, Food Cravings and BMI in Obese Students

Public title
The effect of psychological training in the treatment of obesity

Purpose
Education/Guidance

Inclusion/Exclusion criteria

Inclusion criteria:
body mass index above 30, Do not take psychiatric medications, No history of receiving psychological interventions in the field of obesity, Age range 13 to 15 years

Exclusion criteria:
Absence of more than two sessions of treatment sessions

Age
From **13 years** old to **15 years** old

Gender
Female

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **45**
Actual sample size reached: **36**

Randomization (investigator's opinion)
Randomized

Randomization description
An random assignment was made in which all the subjects name were poured into a container and a name was randomly removed from the container. Then, to determine this person's intervention method, the name of the intervention method (dialectical, attachment and control) was randomly removed from another container.

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
Islamic Azad University, Sari Branch

Street address
darya

City
sari

Province
Mazandaran

Postal code
19318-48161

Approval date
2019-11-06, 1398/08/15

Ethics committee reference number
IR.IAU.SARI.REC.1398.208

Health conditions studied

1

Description of health condition studied
obesity

ICD-10 code
E66.0

ICD-10 code description
Obesity due to excess calorie

Primary outcomes

1

Description
body Mass index

Timepoint
Pre-test and post-test in study groups

Method of measurement
it measured by dividing the weight in kilograms by the square of its height in meters (m2) was calculated.

2

Description
Food Cravings

Timepoint
Pre-test and post-test in study groups

Method of measurement
food cravings Questionnaires

3

Description
food response styles

Timepoint
Pre-test and post-test in study groups

Method of measurement
food response styles Scale

4

Description
emotion regulation

Timepoint
Pre-test and post-test in study groups

Method of measurement
Difficult questionnaire in emotion regulation

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: Attachment-based treatment. Attachment-Based Learning Outcomes A combined and therapeutic understanding of the mother-of-child sensitization principles, appropriate responses to the child, the basics of empathetic behavior with the mother, and Atkinson's relationship (2000) were taught in ten ninety-minute sessions according to the following content: First session: Introduction, Introducing programs and contracts. Session 2: The need to recognize the emotions of adolescents, teaching the art of mother availability, the art of screenwriting. Session 3: Communication with Adolescents, Verbal Communication Techniques with Adolescents, Storytelling Techniques. Third and fourth sessions: Restoring a sense of distrust in teens, how to show affection to teens. Session 5 and 6: Increasing the positive interaction of the adolescent mother and avoiding coercion, identifying the signs of anger and aggression in the adolescent and managing it. Session 7 and 8: Stress management, review of adolescent unresolved behavioral issues. Ninth and tenth sessions: spectator parenting techniques on emotional overeating behaviors, differentiating positive behaviors, and ultimately summarizing, concluding, and performing post-test.

Category

Behavior

2

Description

Intervention group: dialectical behavioral therapy. Subjects were taught one group of dialectical behavioral therapies per week according to the following content: First session: Introduction, introduction of programs and contracts, introduction of treatment logic and pre-test implementation, second session: definition of dialectics, principles and their aftermath. Mental, Third Session: Institutional Mind Training (Emotional Awareness and Wise Consciousness), Third and Fourth Session: Teaching Endurance Training (Crisis Sustainability Skills, Distracting the Minds, Relieving the Self by Using Six Senses and Practicing Awareness) Sixth: Teaching the acceptance of distress and moderation of emotions, including types of R. Emotional Effects, Consequences and Benefits of Each Strategy, Seventh and Eighth Sessions: How to Treat Food and Imagination of the Body, Learning About Eating, Balanced Eating, Different Nutrition, Ninth and Tenth Meetings: Learning Emotion Regulation Learning Emotions, Knowing Why Emotions It is important to recognize the emotion, reduce the vulnerability and emotional excitement, increase the positive emotion and summarize the sessions and review the content provided.

Category

Behavior

3

Description

Control group: Control group

Category

Behavior

Recruitment centers

1

Recruitment center

Name of recruitment center
Sari High School

Full name of responsible person
fateme sadri

Street address
emam

City
sari

Province
Mazandaran

Postal code
65345-57623

Phone
+98 31 5358 0082

Fax

Email
psychology2020ali@gmail.com

Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Islamic Azad University

Full name of responsible person
Islamic Azad University, Sari Branch

Street address
sari

City
sari

Province
Mazandaran

Postal code
19318-48161

Phone
+98 51 1213 2891

Fax

Email
info@iausari.ac.ir

Grant name

Grant code / Reference number

Is the source of funding the same sponsor organization/entity?
No

Title of funding source
There was no financial prohibition

Proportion provided by this source

100

Public or private sector
Private

Domestic or foreign origin
Domestic

Category of foreign source of funding
empty

Country of origin

Type of organization providing the funding
Other

Person responsible for general inquiries

Contact

Name of organization / entity
Islamic Azad University

Full name of responsible person
Shahrbanoo Dehrouyeh

Position
Ph.D. in Educational Psychology, Department of Psychology, Faculty of humanities, Islamic Azad Unive

Latest degree
Ph.D.

Other areas of specialty/work
Psychology

Street address
darya

City
sari

Province
Mazandaran

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19318-48161

Phone
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Email
psychology2020ali@gmail.com

Person responsible for scientific inquiries

Contact

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Person responsible for updating data

Contact

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Islamic Azad University

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Email
psychology2020ali@gmail.com

Web page address

Sharing plan

Deidentified Individual Participant Data Set (IPD)
Yes - There is a plan to make this available

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
No - There is not 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
Undecided - It is not yet known if there will be a plan to make this available

Data Dictionary
Undecided - It is not yet known if there will be a plan to make this available

Title and more details about the data/document
Statistical findings can be published

When the data will become available and for how long
2020

To whom data/document is available
Students and psychologists

Under which criteria data/document could be used
Research and training

From where data/document is obtainable
Email the responsible author

What processes are involved for a request to access data/document	Replies after email
Comments	