Clinical Trial Protocol
Iranian Registry of Clinical Trials

07 Nov 2026

Group schema therapy training on the severity of early maladaptive schemas, dysfunctional attitudes and self-concept of patients with social anxiety disorder

Protocol summary

Study aim

Schema group therapy training is based on the severity of early maladaptive schemas,dysfunctional attitudes and self-concept of patients with social anxiety disorder

Design

The present study is a quasi-experimental study with a pretest-posttest design with a control group. The statistical population is 40 students with social anxiety disorder. In this method, only the experimental group is treated and the control group does not receive any intervention and both groups respond to the pre-test and post-test at the same time.

Settings and conduct

The statistical population of this study will be all students of Lahijan Azad University with social anxiety disorder in the academic year 1401-1400 who have the conditions to participate in this study. Beck's self-concept completes the dysfunctional attitudes of Wiseman and Beck, and only the experimental group is treated and the post-test will be performed at the end. In this study, Yang schema therapy protocol will be used for intervention.

Participants/Inclusion and exclusion criteria

Entry requirements: average age 19 to 40 years، Smoking and alcohol were banned. Do not take psychiatric drugs and do not use psychotherapy while attending treatment. Non-entry conditions: Patients with a clinical history of psychosis, obsessive-compulsive disorder, mental retardation, mania, major depression, neurological or serious medical conditions. Patients taking psychiatric medications. Reluctance to cooperate in research. Inability to attend meetings regularly.

Intervention groups

Students participating in the study conducted a social anxiety questionnaire by Connor et al., Young's early maladaptive schemas, Weisman and Beck dysfunctional attitudes, and completed Beck's self-concept as a pretest And then a post-test is taken.

Main outcome variables

Social Anxiety Disorder, Dysfunctional Attitudes, Self-Concept, Early maladaptive Schemas, Schema Therapy

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20220503054731N1**
Registration date: **2022-06-10, 1401/03/20**
Registration timing: **prospective**

Last update: **2022-06-10, 1401/03/20**
Update count: **0**

Registration date

2022-06-10, 1401/03/20

Registrant information

Name

Azar Jamshidi chenari

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 939 315 8962

Email address

azarjamshidi2018@gmail.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2022-06-14, 1401/03/24

Expected recruitment end date

2022-07-15, 1401/04/24

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Group schema therapy training on the severity of early maladaptive schemas, dysfunctional attitudes and self-concept of patients with social anxiety disorder

Public title

The effect of schema therapy on early maladaptive schemas, dysfunctional attitudes and self-concep

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria:

All students of Islamic Azad University, Lahijan Branch Students between the ages of 19 and 40 Students with anxiety disorders

Exclusion criteria:

Patients with a clinical history of mental disorders Patients taking psychiatric medications

Age

From **19 years** old to **40 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **40**

Randomization (investigator's opinion)

Randomized

Randomization description

Eligible samples after selection will be assigned to the control and intervention groups in a simple random method. For concealment, we use allocation concealment, which is the method used to execute random sequences on study participants so that the assigned group is not known before the individual is assigned. Using opaque envelopes sealed with random sequences in (Sealed, Sequentially Envelopes, Numbered), this method records each of the random sequences created on a card and the cards are enclosed in envelopes. Are placed in order. In order to maintain a random sequence, the envelopes are numbered in the same way on the outer surface. Finally, the letter envelopes are glued and placed in a box, respectively. At the beginning of the registration of participants, based on the order of entry of eligible participants to the study, one of the envelopes is opened in order and the assigned group of the participant is revealed.

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 Lahijan Branch of Azad University

Street address

Alley 20, Baqer Al-Uloom2 Street, Volks Quarter, The end of Shahid Eftekhari Blv, Rasht.

City

Rasht

Province

Guilan

Postal code

4148934451

Approval date

2022-04-09, 1401/01/20

Ethics committee reference number

IR.IAU.LIAU.REC.1401.004

Health conditions studied

1

Description of health condition studied

Patients with social anxiety disorder

ICD-10 code

F40.1

ICD-10 code description

Social phobias

Primary outcomes

1

Description

Early maladaptive schemas in Yang Early maladaptive schemas questionnaire (YSQ-SF)

Timepoint

Measurement of initial maladaptive schemas at the beginning of the study and after eight sessions of intervention

Method of measurement

Yang Early Incompatible Schemas Questionnaire (YSQ-SF)

2

Description

Dysfunctional Attitudes in the Wiseman and Beck Dysfunctional Attitudes Questionnaire (DAS-26)

Timepoint

Measuring dysfunctional attitudes at the beginning of the study and after eight sessions of intervention

Method of measurement
Wiseman and Beck Inefficient Attitudes Questionnaire (DAS-26)

3

Description
Self-concept in Beck Self-Concept Questionnaire (BSCT)
Timepoint
Measurement of self-concept at the beginning of the study and after eight sessions of intervention
Method of measurement
Beck Self-Concept Questionnaire (BSCT)

4

Description
Social Anxiety Disorder in the Social Anxiety Questionnaire by Connor et al
Timepoint
Measurement of social anxiety at the beginning of the study and after eight sessions of intervention
Method of measurement
Questionnaire of social anxiety of Connor et al

Secondary outcomes

empty

Intervention groups

1

Description
Intervention group: Students of Lahijan Branch of Azad University. The statistical population of this study will consist of all students studying at the Islamic Azad University, Lahijan Branch in the academic year 1401-1400. The 40 students will be randomly selected and assigned to two groups (20 in the experimental group and 20 in the control group). In relation to therapeutic intervention and data collection, the following protocol and tools will be used: - Schema therapy protocol: In this research, the schema therapy protocol will be used for intervention. This protocol was developed by Yang et al. (1950). The protocol is presented in 8 sessions (60 minutes). All participants complete the Young Yang Early maladaptive Schema Questionnaire, Connor et al.'s Social Anxiety Questionnaire, Beck Self-Concept, Wiseman and Beck Dysfunctional Attitudes, and the experimental group is trained in Schema Therapy intervention. The consent form of participation in the research is provided to them and the necessary explanations are provided about the purpose and structure of the treatment, emphasis on doing homework and how to hold sessions, and the questions and ambiguities of the people present in the research are answered. They are mentally prepared to attend treatment sessions and the post-test will be performed after the end of the intervention period.
Category
Treatment - Other

2

Description
Control group: Students of Lahijan Branch of Azad University do not receive schema therapy training. The 40 students will be randomly selected and assigned to two groups (20 in the experimental group and 20 in the control group). All participants complete the Young Yang Early maladaptive Schema Questionnaire, Connor et al.'s Social Anxiety Questionnaire, Beck Self-Concept, Wiseman's Beck Incompetent Attitudes, and will be administered at the end of the post-test.
Category
Treatment - Other

Recruitment centers

1

Recruitment center
Name of recruitment center
Islamic Azad University Lahijan Branch
Full name of responsible person
Azar Jamshidi Chenari
Street address
Lahijan Branch Of Azad University Complex, End Of Shaghayegh Street, Kashef Sharghi Street
City
Lahijan
Province
Guilan
Postal code
414169-39515
Phone
+98 939 315 8962
Email
Azarjamshidi2018@gmail.com

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Islamic Azad University
Full name of responsible person
Hossein Khara
Street address
Alley 20, Baqer Al-Uloom2 Street, Volks Quarter, The End Of Shahid Eftekhari Blv, Rasht.
City
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Postal code
41489-34451
Phone
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Email
Azarjamshidi2018@gmail.com
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
Islamic Azad University
Full name of responsible person
Azar Jamshidi Chenari
Position
Student
Latest degree
Bachelor
Other areas of specialty/work
Psychology
Street address
Alley 20, Baqer Al-Uloom2 Street, Volks Quarter, The End Of Shahid Eftekhari Blv, Rasht.
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Person responsible for scientific inquiries

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Full name of responsible person
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Person responsible for updating data

Contact
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Full name of responsible person
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Position
Student
Latest degree
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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
No - There is not 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
Title and more details about the data/document
The total results obtained from the results of the questionnaire and testing and performance improvement will be published.
When the data will become available and for how long
Access period starts 6 months after the results are published
To whom data/document is available

Data and other documents are available to all researchers in the field of research.

Under which criteria data/document could be used

If other people request data and documentation, send a message to my personal email.

From where data/document is obtainable

Applicants should refer to Lahijan, Kashif Sharghi St., at the end of Shaghayegh St., Lahijan Branch of Azad University, to receive the required documents or data. Azar jamshidi chenari by phone number 09393158962 and email Azarjamshidi2018@gmail.com responsive.

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

Applicants should call 09393158962 or send an email to Azarjamshidi2018@gmail.com receive the required documents or data. Documents will be provided to them within 72 hours to a week.

Comments