Clinical Trial Protocol
Iranian Registry of Clinical Trials

06 Nov 2026

The Effect of Integrating Psychodrama with Cognitive Behavioral Group Therapy on Fear of Negative Evaluation, Interpersonal Sensitivity and Focused Attention in Female Adolescences with Social Anxiety Disorder

Protocol summary

Study aim

The aim of the present study is to investigate the effectiveness of integrating psychodrama with group cognitive behavioral therapy on fear of negative evaluation, interpersonal sensitivity and self-focused attention (as cognitive dimensions) of SAD.

Design

The sample size in this research was 24 people who were randomly assigned to the experimental and control group after the initial screening and diagnosis (using a lottery) and after the completion of the intervention sessions and a one-month follow-up of grades using spss-24 software. was analyzed.

Settings and conduct

After the completion of the screening and determination of the participants and random replacement in the experimental and control groups, the experimental group received psychodrama and CBGT combined treatment for 12 sessions.The place of the intervention was Andisheh Psychology Clinic, Sirjan city.

Participants/Inclusion and exclusion criteria

Inclusion criteria: having a diagnosis of social anxiety disorder, female gender, being a student, having informed consent Exclusion criteria: absence of more than two sessions, dropping out of school, not cooperating with the therapist and other members of the group.

Intervention groups

In this research, subjects were randomly included in two test groups (12 people) and control group based on pre-test scores and diagnosis of social anxiety disorder. The experimental group received psychodrama combined intervention with group cognitive behavioral therapy for 12 two-hour sessions twice a week, and after completing the interventions of the experimental group, the control group also received a few sessions of similar interventions.

Main outcome variables

psychodrama; CBGT; interpersonal sensitivity; Focused attention and fear of negative evaluation

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20230228057557N1**
Registration date: **2023-03-21, 1402/01/01**
Registration timing: **retrospective**

Last update: **2023-03-21, 1402/01/01**
Update count: **0**

Registration date

2023-03-21, 1402/01/01

Registrant information

Name

Maryam Kooraki

Name of organization / entity

Shahid Chamran University of Ahvaz

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Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2022-11-21, 1401/08/30

Expected recruitment end date

2022-12-06, 1401/09/15

Actual recruitment start date

2022-12-11, 1401/09/20

Actual recruitment end date

2022-12-16, 1401/09/25

Trial completion date

2023-02-04, 1401/11/15

Scientific title

The Effect of Integrating Psychodrama with Cognitive Behavioral Group Therapy on Fear of Negative Evaluation, Interpersonal Sensitivity and Focused Attention in Female Adolescences with Social Anxiety Disorder

Public title

The Effect of Integrating Psychodrama with Cognitive Behavioral Group Therapy on Fear of Negative Evaluation, Interpersonal Sensitivity and Focused Attention in Female Adolescences with Social Anxiety Disorder

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria:

Having social anxiety disorder based on the screening score in the research instrument and clinical interview based on DSM-5, expressing willingness and informed consent to participate in the research, adhering to group rules such as confidentiality, respecting other group members and attending group meetings on time. Studying in one of the girls' schools and the absence of concurrent mental disorders such as depression.

Exclusion criteria:

Criteria for dropping out of the study: absence of more than two sessions, dropping out of school, not cooperating with the therapist and other members of the group, receiving any other training or treatment during the research period.

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: **30**

Actual sample size reached: **24**

Randomization (investigator's opinion)

Randomized

Randomization description

The statistical population of this research included all ninth grade female students of the first secondary level who were studying in the public schools of this city in the academic year 1401-1402. The sampling method was a two-stage cluster, so that first, in the city, which has two municipal districts, one girl's school of the first secondary period was selected from each district, and in the next stage, students were selected from among the three grades of students. 9th grade was selected and they were screened with test tools. According to the 13% prevalence of social anxiety, 200 questionnaires (based on normal distribution) were administered, and then among the respondents, 24 people qualified according to the cut-off score of the social anxiety scale and other test tools as well as the diagnostic interview according to DSM-5. Those who were required and volunteered to participate in the research were selected and randomly replaced in two groups of 12 people (experimental and control).

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 Chamran University of Ahvaz

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Ahvaz, Golestan Boulevard, Shahid Chamran University of Ahvaz.Faculty of Educational Sciences and Psychology, Shahid Chamran University, Ahvaz

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Postal code

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Approval date

2022-11-06, 1401/08/15

Ethics committee reference number

EE/1401.2.24.172133/Scu.ac.ir

Health conditions studied

1

Description of health condition studied

Social Anxiety Disorder

ICD-10 code

F93.2

ICD-10 code description

In this disorder there is a wariness of strangers and social apprehension or anxiety when encountering new, strange, or socially threatening situations. This category should be used only where such fears arise during the early years, and are both unusual

Primary outcomes

1

Description
Social anxiety - interpersonal sensitivity - fear of negative evaluation and self-focused attention

Timepoint
Before starting the study, social anxiety-interpersonal sensitivity-focused attention-fear of negative evaluation was evaluated and the intervention was implemented twice a week for 12 sessions and followed up after one month.

Method of measurement
1- Adolescent Social Anxiety Scale (SASA) 2- Short Form of Fear of Negative Evaluation (FNEB) 3- Interpersonal Sensitivity Questionnaire 4- Focus of Attention Scale (FAQ)

Secondary outcomes

empty

Intervention groups

1

Description
Intervention group: Treatment begins with a social anxiety pre-test as well as an individual interview based on DSM-5 in which group therapy procedures and fear of participating in group sessions are discussed. This interview prepares subjects for group sessions and introduces them to the therapist (Heimberg & Becker, 2002). In this experiment, we have 12 sessions. Sessions 1 and 2 are dedicated to creating a safe space where subjects can share their feelings and thoughts with each other and form a cohesive group. The first and second sessions are based on the group cognitive behavioral therapy protocol of Heimberg and Becker (2002), which are considered as basic training in cognitive restructuring .Sessions 3 to 11 are dedicated to psychodrama treatment techniques for social anxiety disorder and interpersonal sensitivity - self-focused attention and fear of negative evaluation, which includes four stages of warm-up and preparation, implementation, participation, and summary and analysis .Considering that the psychodrama approach is implemented from the third session, before entering the psychodrama, the therapist first completed the tasks of the previous stages, which included identifying negative spontaneous thoughts and identifying and naming cognitive errors; It reviews and summarizes and also the Socratic questioning technique is taught to help the subjects to find more logical answers. Then the stages of psychodrama begin. The first step in psychodrama is warming up; Preparation or warm-up is an activity that has a dramatic nature and causes spontaneity, concentration, and the revelation of the problem; In this stage, the goal is to create a safe, supportive and creative atmosphere at the beginning of each session by using warm-up techniques so that the subjects' ice melts and they are ready for the performance stage. At the end of this stage, the protagonist (first person or hero) should to be chosen to play a role in the performance stage, although sometimes the therapist can choose the first person, but most of the time the first person is determined by the amount of anxiety expressed verbally or non-verbally during the warm-up stage (while performing preparation techniques) . The twelfth session is dedicated to the summation and implementation of the post-examination.

Category
Treatment - Other

Recruitment centers

1

Recruitment center

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Sponsors / Funding sources

1

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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
Shahid Chamran University of Ahvaz

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

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Sharing plan

Deidentified Individual Participant Data Set (IPD)
Undecided - It is not yet known if there will be a plan to make this available
Study Protocol
Undecided - It is not yet known if there will be a plan to make this available
Statistical Analysis Plan
Not applicable
Informed Consent Form
Yes - There is a plan to make this available
Clinical Study Report
No - There is not a plan to make this available
Analytic Code
Not applicable
Data Dictionary
Not applicable
Title and more details about the data/document
There is no data release
When the data will become available and for how long
Two years after the results were published
To whom data/document is available
All researchers and researchers
Under which criteria data/document could be used

This is not the case

From where data/document is obtainable

The person responsible for the study

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

Information about the protocol can be obtained by email to the corresponding author

Comments