Clinical Trial Protocol
Iranian Registry of Clinical Trials

08 Nov 2026

The Effectiveness of Cognitive Behavioral Therapy (CBT) in Reducing Anxiety Symptoms in Female Patients with Panic Disorder Referring to Counseling Centers

Protocol summary

Study aim
The Effectiveness of Cognitive Behavioral Therapy (CBT) in Reducing Anxiety Symptoms in Female Patients with Panic Disorder Referring to Counseling Centers

Design
A controlled clinical trial with parallel groups, without blinding, randomized, on 30 patients. The rand function of Excel software will be used for randomization.

Settings and conduct
The statistical population includes all girls with panic disorder (aged 18 to 30) who refer to the Rayan Psychological Counseling and Services Center in Ahvaz during Khordad 1405. In the sample selection stage, a convenience sampling method is used. After selecting a sample of 30 participants based on the study's inclusion and exclusion criteria, the participants will be randomly assigned to two groups: the "Cognitive-Behavioral Therapy" (intervention group) and the "waiting list" (control group).

Participants/Inclusion and exclusion criteria
Inclusion criteria: Definite diagnosis of panic disorder based on DSM-5-TR criteria by a psychiatrist or psychologist at the center, having a minimum average score (above 16) on the Beck Anxiety Inventory (BAI). Exclusion criteria: Unwillingness to participate in the research, simultaneous participation in other counseling or psychotherapy courses.

Intervention groups
Intervention group: All individuals who will receive the cognitive behavioral therapy intervention. Control group: All individuals who will receive no intervention.

Main outcome variables
Anxiety, Panic Disorder

General information

Reason for update

Acronym

IRCT registration information
IRCT registration number: **IRCT20260511069364N1**
Registration date: **2026-05-14, 1405/02/24**
Registration timing: **prospective**

Last update: **2026-05-14, 1405/02/24**
Update count: **0**

Registration date
2026-05-14, 1405/02/24

Registrant information

Name
Kowsar Kowsarinezhad

Name of organization / entity

Country
Iran (Islamic Republic of)

Phone
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Email address
kosar.kosari1378@gmail.com

Recruitment status
Recruitment complete

Funding source

Expected recruitment start date
2026-05-31, 1405/03/10

Expected recruitment end date
2026-06-20, 1405/03/30

Actual recruitment start date
empty

Actual recruitment end date
empty

Trial completion date
empty

Scientific title
The Effectiveness of Cognitive Behavioral Therapy (CBT)

in Reducing Anxiety Symptoms in Female Patients with Panic Disorder Referring to Counseling Centers

Public title
Evaluating the effectiveness of cognitive behavioral therapy in reducing anxiety in girls with panic disorder
Purpose
Education/Guidance
Inclusion/Exclusion criteria
Inclusion criteria:
Definite diagnosis of panic disorder based on DSM-5-TR criteria by a psychiatrist or psychologist at the center Having a minimum average score (above 16) on the Beck Anxiety Inventory (BAI) Girls between the ages of 18 and 30
Exclusion criteria:
Unwillingness to participate in the research Suffering from severedisorders such as schizophrenia Simultaneous participation in other counseling or psychotherapy courses.
Age
From **18 years** old to **30 years** old
Gender
Female

Phase
N/A
Groups that have been masked
No information
Sample size
Target sample size: **30**
Randomization (investigator's opinion)
Randomized
Randomization description
The statistical population consists of all female patients with panic disorder (aged 18 to 30) who refer to the Counseling and Psychological Services Center during June 2026. In this type of effectiveness study, a two-stage approach is typically used. In the sampling stage, convenience sampling is applied. After selecting a sample of 30 participants based on the study's inclusion and exclusion criteria, the participants will be randomly assigned to two groups: the "Cognitive-Behavioral Therapy intervention group and the "waiting list" control group. Randomization will be performed using variable block sizes (4 and 6 participants) by an independent statistician who is not involved in the implementation process. The random allocation list will be generated using the RAND function in Excel and then placed in opaque, sealed, and numbered envelopes to ensure that neither the researcher nor the participants are aware of the allocation sequence (allocation concealment). The envelopes will be opened, and group assignment will be revealed only at the time each participant enters the study. To ensure baseline equivalence of variables (such as anxiety level, age), their distribution across the two groups will be examined during statistical analysis.
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 Islamic Azad University of Ahvaz Branch
Street address
Opposite Keshavarz Street, Farhang Shahr, Golestan Highway
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Ahvaz
Province
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Postal code
6134937333
Approval date
2026-04-15, 1405/01/26
Ethics committee reference number
IR.IAU.AHVAZ.REC.1405.041

Health conditions studied

1

Description of health condition studied
Panic Disorder
ICD-10 code
F41.0
ICD-10 code description
Panic disorder [episodic paroxysmal anxiety] without agoraphobia

Primary outcomes

1

Description
Anxiety
Timepoint
1. Pre-test (before the start of the intervention) 2. Post-test (immediately after the end of the intervention period) 3. One-month follow-up after the intervention
Method of measurement
The measurement method will be the Beck Anxiety Inventory Epstein et al. (1988).

2

Description
Panic Disorder
Timepoint
1. Pre-test (before the start of the intervention) 2. Post-test (immediately after the end of the intervention

period) 3. One-month follow-up after the intervention

Method of measurement

The method of measurement will be the Panic Disorder Severity Scale by Shear et al.

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: Cognitive Behavioral Therap .Duration of each session: 90 minutes; Total number of sessions: 8 sessions; Session sequence: twice a week.Therapeutic tools used:This intervention focuses on education about panic disorder, identifying and correcting maladaptive beliefs associated with panic symptoms, and most importantly, gradual and controlled exposure to physical symptoms and avoided situations. The main tools include psychoeducation, cognitive restructuring, breathing exercises, relaxation techniques, and exposure protocols (interoceptive and situational).Session content:Session 1: Introduction, administration of the pre-test, and initial education about panic disorder and its cycle.Session 2: Identifying catastrophic thoughts and training in cognitive restructuring.Session 3: Continuation of cognitive restructuring and diaphragmatic breathing training.Session 4: Initiation of interoceptive exposure to physical symptoms.Session 5: Continuation of interoceptive exposure and preparation of a hierarchy of feared situations.Session 6: Initiation of situational exposure to avoided situations.Session 7: Continuation of situational exposure and skill consolidation.Session 8: Conclusion, relapse prevention, post-test, and follow-up.

Category

Treatment - Other

2

Description

Control group: The control group will not receive any intervention during the research, but will receive the intervention after data collection to prevent factors that threaten the internal validity of the research, such as compensatory competition from the control group or demoralization.

Category

Treatment - Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Rayan Consulting Center Ahvaz

Full name of responsible person

Kowsar Kowsarinezhad

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1st Floor, Mahtab Complex, between 4th and 5th Eastern Streets, Kianpars

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

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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

Islamic Azad University

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

Academic

Person responsible for general inquiries

Contact

Name of organization / entity

Islamic Azad University

Full name of responsible person

Kowsar Kowsarinezhad

Position
Master's student
Latest degree
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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
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
Not applicable
Data Dictionary
Not applicable