Clinical Trial Protocol
Iranian Registry of Clinical Trials

06 Nov 2026

Examining the Effect of Drama Therapy on Social Anxiety Among Students of Mashhad's University of Medical Sciences: A Quasi-Experimental Study

Protocol summary

Study aim

Determining the effect of group drama therapy on the severity of social anxiety symptoms Comparing the degree of changes in the quality of life between the intervention and control group participants Evaluating the effectiveness of group drama therapy in improving social functioning and reducing fear of social situations in participants with Social Anxiety Disorder (SAD)

Design

This semi-experimental study will be conducted on 20 patients. The study employs a parallel-group design, with participants randomly assigned to either the intervention or the control group. Stratified randomization by gender will be utilized to ensure balance across groups.

Settings and conduct

The study population will include students of Mashhad University of Medical Sciences in the 1404–1405 academic year who are currently completing their internship training. Participants will be selected through convenience sampling and will be randomly assigned to either the intervention or control group. The intervention group will receive psychodrama therapy sessions delivered by a therapist. The control group will receive sham sessions without therapeutic content.

Participants/Inclusion and exclusion criteria

Be students of Mashhad University of Medical Sciences Have no comorbid psychiatric disorder Meet the DSM-5 criteria for Social Anxiety Disorder Be 17 to 30 years old Have not received psychotherapy in the past 3 months Not use psychiatric medications during the study Be willing to complete the questionnaires and participate in the sessions

Intervention groups

The intervention group will undergo 12 sessions of 90-minute psychodrama therapy based on a protocol grounded in the theories of Moreno, Blatner, and Holmes.For the control group, sham sessions without any therapeutic content will be administered.

Main outcome variables

Adult social anxiety; quality of life

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20260208068789N1**
Registration date: **2026-09-07, 1405/06/16**
Registration timing: **prospective**

Last update: **2026-09-07, 1405/06/16**
Update count: **0**

Registration date

2026-09-07, 1405/06/16

Registrant information

Name

Fatemeh Behzadian

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 51 3891 3879

Email address

behzadianf3@mums.ac.ir

Recruitment status

recruiting

Funding source

Expected recruitment start date

2026-09-23, 1405/07/01

Expected recruitment end date

2026-11-22, 1405/09/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title
Examining the Effect of Drama Therapy on Social Anxiety Among Students of Mashhad's University of Medical Sciences: A Quasi-Experimental Study

Public title
Examining the Effect of Drama Therapy on Social Anxiety Among Students

Purpose
Treatment

Inclusion/Exclusion criteria

Inclusion criteria:
Students of Mashhad University of Medical Sciences Absence of comorbid psychiatric disorders Diagnosis of Social Anxiety Disorder based on DSM-5 criteria by a psychiatrist No psychotherapy within the past 3 months

Exclusion criteria:
Co-occurrence of severe psychiatric disorder Use of psychotherapy within 3 months prior to the intervention Not meeting the full DSM-5 criteria for Social Anxiety Disorder

Age
From **17 years** old to **30 years** old

Gender
Both

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **20**

Randomization (investigator's opinion)
Randomized

Randomization description
Stratified randomization based on gender will be employed. In this approach, participants will first be categorized by gender, followed by independent random allocation within each stratum. To enhance gender balance between the two groups, block randomization will be implemented within each gender stratum. This method involves creating blocks of a fixed size (e.g., blocks of four or six) within each gender stratum, where an equal number of participants are allocated to the intervention and control groups. The allocation sequence within each block will be determined completely at random. The Randomization.com website will be used to generate the random allocation sequences for each block.

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
Research Ethics Committees of School of Medicine - Mashhad University of Medical Sciences

Street address
Daneshgah Street

City
Mashhad

Province
Razavi Khorasan

Postal code
9138813944

Approval date
2025-12-30, 1404/10/09

Ethics committee reference number
IR.MUMS.MEDICAL.REC.1404.538

Health conditions studied

1

Description of health condition studied
Social Anxiety

ICD-10 code
F40.1

ICD-10 code description
Social phobias

Primary outcomes

1

Description
The primary outcome will be a reduction in social anxiety, which will be assessed using the Persian version of the standard social anxiety questionnaire

Timepoint
Immediately after the completion of the intervention and one month following the intervention

Method of measurement
The Persian version of the standard Social Anxiety Questionnaire for Adults (SAQ-A30)

Secondary outcomes

empty

Intervention groups

1

Description
Intervention group: Ten medical students from Ibn-Sina Subspecialty Psychiatric Hospital will be recruited through study announcements. The intervention will comprise twelve 90-minute psychodrama (drama therapy) sessions.

Category

Behavior

2

Description
Control group: Ten medical students from Ibn-Sina Subspecialty Psychiatric Hospital recruited via study announcements/notices. The control group will undergo twelve 90-minute sham drama sessions lacking any active therapeutic components.
Category
Behavior

Recruitment centers

1

Recruitment center
Name of recruitment center
Ibn-Sina Psychiatric Educational, Research, and Treatment Center
Full name of responsible person
Mohammad Reza Fayyazi Bordbar
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Hor Ameli Street
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Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Mashhad University of Medical Sciences
Full name of responsible person
Mohsen Tafaghodi
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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
Mashhad 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
Mashhad University of Medical Sciences
Full name of responsible person
Mohammadreza Fayyazi Bordbar
Position
Associate professor
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Person responsible for updating data

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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
Undecided - It is not yet known if there will be 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
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