Clinical Trial Protocol
Iranian Registry of Clinical Trials

08 Nov 2026

The effectiveness of rational emotive behavior therapy (REBT) on sexual self-concept, separation anxiety, and internalized shame in married women with body dysmorphic disorder in Ahvaz County

Protocol summary

Study aim

The general aim of the present study is to determine the effectiveness of rational-emotive behavior therapy on sexual self-concept, separation anxiety, and internalized shame in married women with body dysmorphic disorder in Ahvaz County.

Design

A randomized controlled clinical trial with parallel groups and no blinding was conducted on 30 married women with body dysmorphic disorder. Randomization was performed using a random number table, and a total sample of 30 participants (15 in each group) was included in the study.

Settings and conduct

This study will be conducted in Ahvaz County among married women with body dysmorphic disorder who meet the inclusion criteria. The participants will be identified through counseling and psychology centers in Ahvaz County. After selecting 30 volunteers, they will be randomly assigned to two groups of 15 participants each, an experimental group and a control group. Given the nature of the intervention, blinding will not be implemented in this study. The experimental group will receive rational-emotive behavior therapy (REBT), and the control group will remain on a waiting list.

Participants/Inclusion and exclusion criteria

Inclusion criteria: obtaining a score above 93 (cutoff point) on the Body Dysmorphic Disorder Questionnaire by Rabiei et al. (2011), having at least basic reading and writing literacy, absence of substance use disorder or a major psychiatric disorder, and providing informed consent. Exclusion criteria: withdrawal from the study, and the occurrence or severe relapse of a physical or mental illness during the study.

Intervention groups

The experimental group will receive the Rational Emotive Behavior Therapy (REBT) intervention, while the control group will not receive any intervention.

Main outcome variables

The level of separation anxiety in the women under study

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20200722048168N9**
Registration date: **2026-07-13, 1405/04/22**
Registration timing: **prospective**

Last update: **2026-07-13, 1405/04/22**
Update count: **0**

Registration date

2026-07-13, 1405/04/22

Registrant information

Name

Amir Amiri

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 61 3334 2454

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khazan1381@gmail.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2026-07-20, 1405/04/29

Expected recruitment end date

2026-08-05, 1405/05/14

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effectiveness of rational emotive behavior therapy (REBT) on sexual self-concept, separation anxiety, and internalized shame in married women with body dysmorphic disorder in Ahvaz County

Public title

The effectiveness of rational emotive behavior therapy (REBT) on sexual self-concept, separation anxiety, and internalized shame in married women with body dysmorphic disorder

Purpose

Education/Guidance

Inclusion/Exclusion criteria

Inclusion criteria:

Scoring higher than 93 (cutoff score) on the Rabiei et al. (2011) body dysmorphic disorder questionnaire

Exclusion criteria:

Participant’s unwillingness to continue cooperation in the field research process

Age

No age limit

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

In this study, participants will be randomly assigned to the experimental and control groups. First, a list of eligible participants will be prepared and a numerical code will be assigned to each participant. Then, using a random number table, a random allocation sequence for the two groups will be generated.

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

Islamic Azad University, Ahvaz Branch, Farhang Shahr, Golestan Expressway, Ahvaz, Iran

City

Ahvaz

Province

Khouzestan

Postal code

۶۱۳۴۹-۳۷۳۳۳

Approval date

2026-05-25, 1405/03/04

Ethics committee reference number

IR.IAU.AHVAZ.REC.1405.149

Health conditions studied

1

Description of health condition studied

separation anxiety

ICD-10 code

F93.0

ICD-10 code description

Separation anxiety disorder of childhood

Primary outcomes

1

Description

The separation anxiety score from the standard Separation Anxiety Questionnaire by Manicavasagar et al. (2003)

Timepoint

Before and after implementing the Rational Emotive Behavior Therapy (REBT) intervention

Method of measurement

The 27-item standard Separation Anxiety Questionnaire by Manicavasagar et al. (2003)

Secondary outcomes

1

Description

The sexual self-concept

Timepoint

Before and after implementing the Rational Emotive Behavior Therapy (REBT) intervention

Method of measurement

The 100-item Sexual Self-Concept Questionnaire by Snell (1995)

2

Description

The internalized shame

Timepoint

Before and after implementing the Rational Emotive Behavior Therapy (REBT) intervention

Method of measurement

The 24-item Internalized Shame Scale by Cook (1989)

Intervention groups

1

Description

The intervention group: will receive group psychotherapy based on rational-emotive behavior therapy using the Ellis and Dryden (1997; translated by Firouzbakht, 2018) protocol in six 100-minute sessions, one session per week.

Category

Rehabilitation

2

Description

The control group: will not receive any intervention.

Category

Rehabilitation

Recruitment centers

1

Recruitment center

Name of recruitment center

Islamic Azad University, Ahvaz Branch

Full name of responsible person

Fateme Moradi

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Islamic Azad University

Full name of responsible person

Aslan Igadarnezhad

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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

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

Fateme Moradi

Position

Master’s student

Latest degree

Bachelor

Other areas of specialty/work

Psychology

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Sharing plan

Deidentified Individual Participant Data Set (IPD)
No - There is not a plan to make this available
Justification/reason for indecision/not sharing IPD
Compliance with ethical research standards and ensuring participant data confidentiality.
Study Protocol
Yes - There is a plan to make this available
Statistical Analysis Plan
Yes - There is a plan to make this available
Informed Consent Form
Yes - There is a plan to make this available
Clinical Study Report
Yes - There is a plan to make this available
Analytic Code
Yes - There is 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
As a Master’s thesis
When the data will become available and for how long
From 2026/09/23 onwards
To whom data/document is available
Other contributors
Under which criteria data/document could be used
To advance scientific knowledge and address existing research gaps
From where data/document is obtainable
Thesis Office, Islamic Azad University, Ahvaz Branch
What processes are involved for a request to access data/document
Referring to the Vice Presidency for Research of Islamic Azad University, Ahvaz Branch to obtain the relevant permit, followed by referring to the Thesis Office
Comments
Overall, this study is a thesis conducted to obtain a Master’s degree, and its results will be published and made available in the form of a thesis.