Clinical Trial Protocol
Iranian Registry of Clinical Trials

15 Nov 2026

The Effectiveness of cognitive-behavioral group therapy on negative body image in post menopause women

Protocol summary

Summary

The purpose of this study is to recognize the effectiveness of cognitive-behavioral group treatment on the negative body image of post menopause women. This is a clinical trail , which is done on the 22 afflicted women with their negative body image. This sampling is done in the Health Center of East Part of Ahvaz and it meaningful trail ,too. Inclusion criteria are: 45 to 60 year-old- women who have passed their menopause in at least two years, who have the literacy, have more than 57 scores in dread of appearance and fitness questionnaire. Exclusion criteria are: The body mass index which is less than 18/5 and more than 30, possessing the malformation and major body faults. Data should be studied based on the questionnaire of self-body dimensional relationships and worry about body image (BI CI).Women who receive the remarkable score, are divided normally into two experimental and control groups. In each group, 11 participants are selected for intervention group in 8 sessions in 90 minutes with counseling of course the cognitive-behavioral group is done by the researcher. After end of consulting, each of two groups are considerate by using the questionnaire which is related to the multidimensional self-body and dread of appearance. The primary outcome of this study is the improvement of body image in post menopause women in the experimental group based on the scores of questionnaire.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2017041029964N1**
Registration date: **2017-04-10, 1396/01/21**
Registration timing: **retrospective**

Last update:
Update count: **0**

Registration date

2017-04-10, 1396/01/21

Registrant information

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Recruitment status

Recruitment complete

Funding source

Research Department of Medical Science(Jundishapur, Ahvaz)

Expected recruitment start date

2016-11-20, 1395/08/30

Expected recruitment end date

2017-01-19, 1395/10/30

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The Effectiveness of cognitive-behavioral group therapy on negative body image in post menopause women

Public title

The Effectiveness of cognitive-behavioral group therapy on negative body image

Purpose

Treatment

Inclusion/Exclusion criteria
Inclusion criteria: 45 to 60 year-old- women who have passed their menopause in at least two years; who have the literacy; have more than 57 scores in dread of appearance and fitness questionnaire. Exclusion criteria: The body mass index which is less than 18/5 and more than 30; possessing the malformation and major body faults.
Age
From **45 years** old to **60 years** old
Gender
Female

Phase
N/A
Groups that have been masked
No information
Sample size
Target sample size: **22**
Randomization (investigator's opinion)
Randomized
Randomization description
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 committe of Ahvaz (Jundishapur) , the university of medical science
Street address
Ground Floor, Deputyminister of Research and Information Technology University of Medical Sciences, Ahvaz Jundishapour.
City
Ahvaz
Postal code
Approval date
2016-10-25, 1395/08/04
Ethics committee reference number
IR. AJUMS. REC.1395.453

Health conditions studied

1

Description of health condition studied
negative body image
ICD-10 code
F45
ICD-10 code description
Body Dysmorphic Disorder

Primary outcomes

1

Description
Negative body image
Timepoint
Before intervention, immediately after intervention, a month after intervention.
Method of measurement
Multidimensional Body-Self Relations Questionnar ,Body Image Concern Inventory Questionnar

Secondary outcomes

1

Description
Fitness orientation
Timepoint
Before intervention, immediately after intervention, a month after intervention.
Method of measurement
Multidimensional Body-Self Relations Questionnaire

2

Description
Body Image Concern
Timepoint
Before intervention, immediately after intervention, a month after intervention.
Method of measurement
body image concern inventory questionnar

3

Description
Body areas satisfaction
Timepoint
Before intervention, immediately after intervention, a month after intervention.
Method of measurement
Multidimensional Body-Self Relations Questionnaire

4

Description
Fitness evaluation
Timepoint
Before intervention, immediately after intervention, a month after intervention.
Method of measurement
Multidimensional Body-Self Relations Questionnaire

5

Description

Appearance evaluation

Timepoint

Before intervention, immediately after intervention, a month after intervention.

Method of measurement

Multidimensional Body-Self Relations Questionnaire

Intervention groups

1

Description

The intervention is group received eight sessions of cognitive behavioral group therapy. Time of Each session is 90 minutes and has a specific structure.

Category

Behavior

2

Description

The intervention wasn't done on control group, and is ranked in the waiting list.

Category

Treatment - Other

Recruitment centers

1

Recruitment center

Name of recruitment center

The health center of number one East part

Full name of responsible person

Marziyeh Hosseini

Street address

City

Ahvaz

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Research Department of medical science (Ahvaz university)

Full name of responsible person

Dr Behzad Sharief Makhmalzade

Street address

Ground Floor, Research department of medical science and Health Services (Jundishapur, Ahvaz)

City

Ahvaz

Grant name

Grant code / Reference number

Is the source of funding the same sponsor organization/entity?

Yes

Title of funding source

Research Department of medical science (Ahvaz university)

Proportion provided by this source

100

Public or private sector

empty

Domestic or foreign origin

empty

Category of foreign source of funding

empty

Country of origin

Type of organization providing the funding

empty

Person responsible for general inquiries

Contact

Name of organization / entity

Ahvaz Jundishapur university of medical science

Full name of responsible person

Marziyeh Hosseini

Position

The master Student of consultation in Midwifery

Other areas of specialty/work

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Position
The master student of consultation in Midwifery

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Sharing plan

Deidentified Individual Participant Data Set (IPD)
empty

Study Protocol
empty

Statistical Analysis Plan
empty

Informed Consent Form
empty

Clinical Study Report
empty

Analytic Code
empty

Data Dictionary
empty