

Clinical Trial Protocol

Iranian Registry of Clinical Trials

23 Feb 2026

The effectiveness of cognitive-behavioral play therapy on anxiety, depression, resilience and Symptoms of mourning in children with prolonged grief Disorder: A single- subject research

Protocol summary

Study aim

The effectiveness of cognitive-behavioral play therapy on anxiety, depression, resilience and Symptoms of mourning in children with prolonged grief Disorder

Design

The clinical trial with two-month follow-up, without blinding, is available for 3 children with prolonged grief disorder of single case study type and AB design.

Settings and conduct

This study is carried out in the office of the Cultural Vice-Chancellor of Ferdowsi University of Mashhad (Dr. Asghari Nikah's room). The sessions are conducted as 12 individual treatment sessions, once a week for 45 minutes. There are 4 questionnaires that clients must fill before intervention, three times during 12 treatment sessions (fourth, eighth and twelfth sessions) and one month and two months after the end of treatment.

Participants/Inclusion and exclusion criteria

The age range is between 7 and 11 years, having lost at least one first-degree relative in the past year and meeting the criteria for prolonged bereavement disorder, according to the DSM-5-TR criteria, and having a conscious and voluntary willingness to participate in the research, the exclusion criteria of having physical diseases and significant mental disorders such as schizophrenia, retardation (diagnosed by an expert) and unwillingness to continue treatment

Intervention groups

cognitive-behavioral play therapy

Main outcome variables

anxiety, depression, resilience and Symptoms of mourning

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20221105056404N1**

Registration date: **2023-02-18, 1401/11/29**

Registration timing: **retrospective**

Last update: **2023-02-18, 1401/11/29**

Update count: **0**

Registration date

2023-02-18, 1401/11/29

Registrant information

Name

Atefeh sadat Mousavi

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 51 3690 9367

Email address

atf.mousavi1995@semnan.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2022-11-22, 1401/09/01

Expected recruitment end date

2022-12-21, 1401/09/30

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effectiveness of cognitive-behavioral play therapy on anxiety, depression, resilience and Symptoms of

mourning in children with prolonged grief Disorder: A single- subject research

Public title

The effect of cognitive behavioral game therapy on long-term bereavement disorder

Purpose

Education/Guidance

Inclusion/Exclusion criteria

Inclusion criteria:

Age range between 7 and 11 years Losing at least one first-degree relative within the past year and meeting criteria for prolonged bereavement disorder, according to criteria DSM-5-TR They had a conscious and voluntary desire to participate in the research Not receiving psychotherapy and medication before entering the research

Exclusion criteria:

Having significant physical and mental illnesses such as schizophrenia, retardation (with expert diagnosis) Reluctance to continue treatment

Age

From **7 years** old to **11 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **3**

Randomization (investigator's opinion)

N/A

Randomization description

Blinding (investigator's opinion)

Not blinded

Blinding description

Placebo

Not used

Assignment

Single

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethics Committee of Semnan Faculty of Medical Sciences

Street address

Semnan University of Medical Sciences, Basij Square.

City

Semnan

Province

Semnan

Postal code

35147-99442

Approval date

2023-02-06, 1401/11/17

Ethics committee reference number

IR.SEMUMS.REC.1401.296

Health conditions studied

1

Description of health condition studied

Anxiety, depression, resilience and Symptoms of mourning in children with prolonged grief disorder

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description

Symptoms of prolonged grief

Timepoint

Before starting the study, the fourth session, the eighth session, the twelfth session, one month after the end of the twelfth session, two months after the end of the twelfth session.

Method of measurement

Spuij et al. Inventory of Prolonged Grief for Children(IPC-G), (2011).

2

Description

Children's depression

Timepoint

Before starting the study, the fourth session, the eighth session, the twelfth session, one month after the end of the twelfth session, two months after the end of the twelfth session.

Method of measurement

Maria Kovacs, Children Depression Inventory (1958)

3

Description

Children's anxiety

Timepoint

Before starting the study, the fourth session, the eighth session, the twelfth session, one month after the end of the twelfth session, two months after the end of the twelfth session.

Method of measurement

Improved short-form children's anxiety scale (2018).

4

Description

resilience

Timepoint

Before starting the study, the fourth session, the eighth session, the twelfth session, one month after the end of

the twelfth session, two months after the end of the twelfth session.

Method of measurement

Surzykiewicz, Konaszewski and Wagneild (2018)
Resilience Scale Short Form.

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: Cognitive-behavioral play therapy, 12 individual therapy sessions, (each session for 45 minutes), at the interval of therapy sessions once a week. Executive protocol based on the model taken from the book combining play therapy with cognitive behavior therapy by Athena Dors (2009), the book 101 play therapy techniques written by Heidi, Gerard Kadusen and Shafer Charles E. (1997).

Category

Behavior

Recruitment centers

1

Recruitment center

Name of recruitment center

Office of Dr. Asghari Nikah (Cultural Management and Voluntary Activities of Ferdowsi University of

Full name of responsible person

Dr. Seyed Mohsen Asghari Nikah

Street address

Cultural-Social and Student Vice-Chancellor Building, ,
Danesh Blvd, Ferdowsi University Campus, Azadi
Square

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Web page address

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Semnan University of Medical Sciences

Full name of responsible person

Dr. Majid Mirmohammadkhani

Street address

Research and Technology Vice-Chancellor, Central
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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

Semnan 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

Semnan University of Medical Sciences

Full name of responsible person

Atefeh Sadat Mousavi

Position

Master's student in clinical psychology

Latest degree

Bachelor

Other areas of specialty/work

Psychology

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No. 14, the first intersection on the left, Tos 39, Tos
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Person responsible for scientific inquiries

Contact

Name of organization / entity

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Full name of responsible person

Atefeh Sadat Mousavi

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Person responsible for updating data

Contact

Name of organization / entity

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Sharing plan

Deidentified Individual Participant Data Set (IPD)

Yes - There is a plan to make this available

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

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

Title and more details about the data/document

The general results of the research will be published as a scientific article.

When the data will become available and for how long

The documents and research results will probably be published in 2023-2024.

To whom data/document is available

The complete document of the research will be provided to Semnan Faculty of Psychology. The results of the research will be provided to researchers in the form of articles.

Under which criteria data/document could be used

The results can be used by mentioning the number and type of the community and the research sample as well as the intervention carried out.

From where data/document is obtainable

Faculty of Psychology and Educational Sciences, Semnan University, Center for Information and Scientific Documents of the country (Iran Doc) or send a message to the researcher

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

Visit Iran Doc or Semnan University library in person or send an email to the researcher one week later (atf.mousavi1995@semnan.ac.ir)

Comments