

Clinical Trial Protocol

Iranian Registry of Clinical Trials

10 Jun 2026

The comparison of effectiveness of emotion-focused therapy, self-compassion-focused therapy and physical exercise (yoga) on experience of shame, self-esteem, attachment styles and self-efficacy in women with Binge Eating Disorder

Protocol summary

Study aim

Comparison of the effectiveness of emotion-oriented therapy, therapy focused on self-compassion and physical exercise (yoga) on the experience of shame, self-esteem, attachment styles and self-efficacy of women with binge eating disorder (BED)

Design

Experimental research method - available sampling method of 80 people with binge eating disorder (BED) in 4 groups by a simple random method with a sealed envelope and with unblinded parallel groups. Training of emotion-oriented treatments, self-compassion, physical exercise of yoga and control group (20 people in each group) Post-test for 4 groups in the same conditions After 60 days follow-up phase

Settings and conduct

This research is conducted in a psychology clinic located in Tehran, in the form of group training for two groups with psychotherapy intervention, EFT, CFT, and the third group with yoga intervention in a yoga hall.

Participants/Inclusion and exclusion criteria

Diagnosis of binge eating disorder (BED) based on clinical interview based on DSM-5 Diagnosis of binge eating disorder (BED) of the sample based on the binge eating scale (cut point 16 and above) Absence of drug treatment for weight loss before the research Not abusing tobacco, drugs and cigarettes Failure to enter - Taking psychiatric and psychoactive drugs Absence of more than 2 sessions in therapy sessions Simultaneous participation in other courses and therapeutic interventions at the same time as research Suffering from psychiatric disorders based on the person's own report Abuse of drugs and medicine

Intervention groups

Emotional therapy training - Self-compassion therapy training - yoga-control practice

Main outcome variables

self-esteem, self-efficacy, attachment ,shame

General information

Reason for update

Acronym

EFT-CFT-BED

IRCT registration information

IRCT registration number: **IRCT20230125057220N1**

Registration date: **2023-01-30, 1401/11/10**

Registration timing: **retrospective**

Last update: **2023-01-30, 1401/11/10**

Update count: **0**

Registration date

2023-01-30, 1401/11/10

Registrant information

Name

maryam Sarooghi

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 21 7700 8192

Email address

m.srooghi@gmail.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2022-05-22, 1401/03/01

Expected recruitment end date

2022-06-22, 1401/04/01

Actual recruitment start date

2022-05-22, 1401/03/01

Actual recruitment end date

2022-07-06, 1401/04/15

Trial completion date

2022-12-06, 1401/09/15

Scientific title

The comparison of effectiveness of emotion-focused therapy, self-compassion-focused therapy and physical exercise (yoga) on experience of shame, self-esteem, attachment styles and self-efficacy in women with Binge Eating Disorder

Public title

The comparison of effectiveness of emotion-focused therapy, self-compassion-focused therapy and physical exercise (yoga) in women with Binge Eating Disorder

Purpose

Education/Guidance

Inclusion/Exclusion criteria**Inclusion criteria:**

Informed consent to participate in research with Binge Eating Disorder based on DSM-5 Diagnosing binge eating disorder (BED) of the subject based on the binge eating scale (cut point 16 and above) Lack of drug treatment for weight loss before the research No abuse of tobacco, drugs and cigarettes

Exclusion criteria:

Taking psychiatric and psychoactive drugs Absence of more than 2 sessions in treatment sessions Simultaneous participation in other courses and therapeutic interventions at the same time as research Having psychiatric disorders based on the person's self-report drug abuse and smoking

Age

From **20 years** old to **50 years** old

Gender

Female

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **80**

Actual sample size reached: **60**

Randomization (investigator's opinion)

Randomized

Randomization description

available sampling method, Simple randomization: each individual was given 4 sealed envelopes in the number of groups (3 experimental groups and one control group), and based on the choice of an envelope by the individual, his/her placement in a group is done.

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 in research of Islamic Azad University, Borujerd branch

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FIRST FLOOR,NO7,behesht 7 alley, behesht bulivar, hakimiyeh town, Tehran pars

City

Thehran

Province

Tehran

Postal code

165974978

Approval date

2022-08-14, 1401/05/23

Ethics committee reference number

IR.IAU.B.REC.1401.018

Health conditions studied**1****Description of health condition studied**

Binge Eating Disorder

ICD-10 code

F50.2

ICD-10 code description

Bulimia nervosa

Primary outcomes**1****Description**

Internal shame score

Timepoint

Before the start of the intervention (pre-intervention) - after the last session of the intervention (post-test) - 2 months later (follow-up)

Method of measurement

Cook's Internal Shame Scale (ISS)

2**Description**

External Shame Scale

Timepoint

Before the start of the intervention (pre-intervention) - after the last session of the intervention (post-test) - 2 months later (follow-up)

Method of measurement

External Shame Scale (OAS) Goss et al.

3

Description

Self-esteem score

Timepoint

Before the start of the intervention (pre-intervention) - after the last session of the intervention (post-test) - 2 months later (follow-up)

Method of measurement

Self-esteem (RSEs) Rosenberg

4

Description

adult attachment styles score

Timepoint

Before the start of the intervention (pre-intervention) - after the last session of the intervention (post-test) - 2 months later (follow-up)

Method of measurement

Collins and Reed scale of adult attachment styles

5

Description

self-efficacy score

Timepoint

Before the start of the intervention (pre-intervention) - after the last session of the intervention (post-test) - 2 months later (follow-up)

Method of measurement

Lifestyle self-efficacy questionnaire on weight (WELSQ)

6

Description

BED binge eating disorder score

Timepoint

Before the start of the intervention (pre-intervention) - after the last session of the intervention (post-test) - 2 months later (follow-up)

Method of measurement

Binge Eating Severity Scale (BES) Gomali et al

Secondary outcomes

empty

Intervention groups

1

Description

The first intervention group: 10 sessions of focused emotional therapy

Category

Other

2

Description

Intervention group 2: 10 weeks and 3 sessions per week (30 sessions in total) yoga training

Category

Other

3

Description

Intervention group 3: 10 sessions of self-compassion therapy

Category

Other

4

Description

Control group:

Category

Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Psychology clinic

Full name of responsible person

Maryam sarooghi

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

personal

Full name of responsible person

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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

personal

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

Persons

Person responsible for general inquiries

Contact

Name of organization / entity

Islamic Azad university Brojerd

Full name of responsible person

maryam sarooghi

Position

phd -student

Latest degree

Master

Other areas of specialty/work

Psychology

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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

Yes - There is a plan to make this available

Data Dictionary

Yes - There is a plan to make this available

Title and more details about the data/document

all data

When the data will become available and for how long

six month after printing

To whom data/document is available

researchers

Under which criteria data/document could be used

For the purpose of scientific research

From where data/document is obtainable

Sites - University

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

online search

Comments