

# 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.

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#### **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

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#### **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

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#### **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)

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#### **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

##### **Street address**

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## **Sponsors / Funding sources**

### 1

#### **Sponsor**

##### **Name of organization / entity**

personal

##### **Full name of responsible person**

maryam sarooghi

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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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## Person responsible for updating data

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**Position**

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**Latest degree**

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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**