

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

24 Jun 2026

**package based on Improving criminal thinking, Ellis's rational-emotional approach, criminal thinking, self-control, impulsivity, escaperule, prisoners**

### Protocol summary

#### Study aim

The present study will be conducted with the aim of developing a criminal thinking reform package and comparing its effectiveness with Ellis's rational-emotional approach on criminal thinking, self-control, impulsivity and lawlessness in male prisoners.

#### Design

In order to examine the criminal thinking in prisoners and prepare the criminal thinking reform package, a qualitative research method of reflective content analysis will be used in the method emphasized by Claizi. In the quantitative part of the research, a semi-experimental design with a pre-test-post-test design and follow-up with a control group will be used.

#### Settings and conduct

This study is in the field of crime and will be conducted in the community of men in Ardakan prisoners. For this purpose, first in a qualitative study in the phenomenological way, a criminal thinking reform package will be designed and then its effectiveness will be compared with the Ellis method. The sample size was 45 people. Blinding will also be done in the researcher and statistical analyst section.

#### Participants/Inclusion and exclusion criteria

Conviction to serve the sentence in Ardakan prison; having at least six months of sentence; having at least middle school literacy; having the necessary cognitive ability to understand educational materials; not suffering from a physical or mental illness that prevents receiving training or disrupting the research process. Non-participation in the simultaneous research and written consent to participate in the research and exit criteria will include non-observance of group rules; absence of more than two sessions; amnesty or sudden release; consumption of drugs and psychotropic drugs.

#### Intervention groups

1- The package based on Improving criminal thinking; 2-

Ellis's rational-emotional approach; 3- Control group

#### Main outcome variables

Criminal thinking; self-control, impulsivity and escape rule

### General information

#### Reason for update

#### Acronym

#### IRCT registration information

IRCT registration number: **IRCT20230218057442N1**

Registration date: **2023-05-11, 1402/02/21**

Registration timing: **retrospective**

Last update: **2023-05-11, 1402/02/21**

Update count: **0**

#### Registration date

2023-05-11, 1402/02/21

#### Registrant information

##### Name

Mehdi Shomali Ahmadabadi

##### Name of organization / entity

Isfahan (Khorasgan) Branch Islamic Azad University

##### Country

Iran (Islamic Republic of)

##### Phone

+98 35 3227 5203

##### Email address

mahdi\_shomali@yahoo.com

#### Recruitment status

**Recruitment complete**

#### Funding source

#### Expected recruitment start date

2023-02-03, 1401/11/14

#### Expected recruitment end date

2023-03-05, 1401/12/14

**Actual recruitment start date**

2023-02-03, 1401/11/14

**Actual recruitment end date**

2023-03-07, 1401/12/16

**Trial completion date**

2023-04-03, 1402/01/14

**Scientific title**

package based on Improving criminal thinking, Ellis's rational-emotional approach, criminal thinking, self-control, impulsivity, escaperule, prisoners

**Public title**

Package based on Improving criminal thinking, Ellis's rational-emotional approach, criminal thinking, self-control, impulsivity, escaperule, prisoners

**Purpose**

Education/Guidance

**Inclusion/Exclusion criteria****Inclusion criteria:**

Conviction to serve the sentence in Ardakan prison  
Having at least six months of sentence  
Having at least middle school literacy  
Having the necessary cognitive ability to understand educational materials  
Not suffering from a physical or mental illness that prevents receiving training or disrupting the research process  
No participation in the simultaneous research  
Written consent to participate in the research

**Exclusion criteria:**

Disobeying the rules of the group  
Missing more than two meetings  
Amnesty or sudden release  
Taking drugs and psychotropic drugs

**Age**From **18 years** old to **50 years** old**Gender**

Male

**Phase**

3

**Groups that have been masked**

- Participant
- Outcome assessor
- Data analyser
- Data and Safety Monitoring Board

**Sample size**Target sample size: **51**Actual sample size reached: **45****Randomization (investigator's opinion)**

Randomized

**Randomization description**

In order to select the sample, a simple randomization method and a table of random numbers will be used. For this purpose, first a list of sample members will be selected and then they will be selected for the group of 20 people using a table of random numbers and taking into account the possibility of dropping out.

**Blinding (investigator's opinion)**

Double blinded

**Blinding description**

The researcher will fully monitor the way the research is carried out in all stages, but the participants, analysts and evaluators will remain anonymous. Also,

participants, analysts and evaluators will be anonymous to each other.

**Placebo**

Not used

**Assignment**

Parallel

**Other design features****Secondary Ids**

empty

**Ethics committees****1****Ethics committee****Name of ethics committee**

Islamic Azad University - Isfahan Branch (Khorasgan)

**Street address**

Isfahan Azad University (Khorasgan)

**City**

Khorasgan

**Province**

Isfahan

**Postal code**

815513998

**Approval date**

2023-02-06, 1401/11/17

**Ethics committee reference number**

IR.IAU.KHUISF.REC.1401.355

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

Criminal thinking

**ICD-10 code****ICD-10 code description****2****Description of health condition studied**

impulsiveness

**ICD-10 code****ICD-10 code description****3****Description of health condition studied**

self control

**ICD-10 code****ICD-10 code description****4****Description of health condition studied**

Lawlessness

**ICD-10 code****ICD-10 code description**

## Primary outcomes

### 1

#### Description

Criminal thinking

#### Timepoint

Pre-test - post-test - follow-up

#### Method of measurement

Psychological Inventory of Criminal Thinking Styles-Layperson Edition -Short Form (PICTS-L-SF)

### 2

#### Description

Self-control

#### Timepoint

Pre-test - post-test - follow-up

#### Method of measurement

Self- Control Scale (SCS)

### 3

#### Description

Impulsiveness

#### Timepoint

Pre-test - post-test - follow-up

#### Method of measurement

Dysfunctional Impulsivity Questionnaire (DFIQ)

### 4

#### Description

Escaperule

#### Timepoint

Pre-test - post-test - follow-up

#### Method of measurement

Antisocial Behavior at Workplace Scale

## Secondary outcomes

empty

## Intervention groups

### 1

#### Description

The first intervention group. In this group, the criminal thinking reform package, which was designed and standardized in a qualitative study, will be taught to the members of this group in 12 90-minute sessions. Also, this group will answer the questions of the research questionnaires in three stages (pre-test, post-test and follow-up).

#### Category

Rehabilitation

### 2

#### Description

Rational emotive behavior therapy (REBT) is a type of cognitive behavioral therapy (CBT) that aims to help a

person challenge unhelpful thoughts to avoid negative emotions or behaviors. REBT started in 1955 when Dr. Albert Ellis created the therapy as an action-oriented type of CBT. The content of Ellis' rational-emotional approach will be taught to the members of this group in 12 90-minute sessions. Also, this group will answer the questions of the research questionnaires in three stages (pre-test, post-test and follow-up).

#### Category

Rehabilitation

### 3

#### Description

Control group. An entry will not be made on this group and the people of this group will only pass the questions of the research questionnaires in three stages (pre-test, post-test and follow-up).

#### Category

N/A

## Recruitment centers

### 1

#### Recruitment center

##### Name of recruitment center

Ardakan Prison

##### Full name of responsible person

dr. Mostafa Abedi

##### Street address

Ardakan Prison. Shahid Lajurdi St.

##### City

Ardakan

##### Province

Yazd

##### Postal code

8914813191

##### Phone

+98 35 3222 1995

##### Fax

+98 35 3222 1995

##### Email

s1400f2021@gmail.com

##### Web page address

<https://www.prisons.ir/service/Provinces/yazd>

## Sponsors / Funding sources

### 1

#### Sponsor

##### Name of organization / entity

Islamic Azad University

##### Full name of responsible person

Dr. Zahra Yousefi

##### Street address

Azad University of Isfahan (Khorasgan), Faculty of Psychology

##### City

Isfahan (Khorasgan)

##### Province

Isfahan

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**Phone**

+98 31 3535 4001

**Email**

z.yousefi@khuisf.ac.ir

**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**

Ardakan University

**Full name of responsible person**

Yaser Rezapour Mirsaleh

**Position**

Associate Professor

**Latest degree**

Ph.D.

**Other areas of specialty/work**

Psychology

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Daylam St., Ardakan University

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## Person responsible for scientific inquiries

**Contact**

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Isfahan (Khorasgan) Branch Islamic Azad University

**Full name of responsible person**

Mehdi Shomali Ahmadabadi

**Position**

Doctoral student

**Latest degree**

Master

**Other areas of specialty/work**

Psychology

**Street address**

Faculty of Psychology and Educational Sciences

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## Person responsible for updating data

**Contact**

**Name of organization / entity**

Islamic Azad University

**Full name of responsible person**

Mehdi Somali Ahmedabadi

**Position**

Doctoral student

**Latest degree**

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**Other areas of specialty/work**

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**City**

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**Province**

Isfahan

**Postal code**

3999881551

**Phone**

+98 31 3535 4001

**Email**

mahdi\_shomali@yahoo.com

## 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**

The amount of availability and the method of publishing

the data will be based on the opinion of the research group and the final approval in the psychology research group and committee of Isfahan Azad University (Khorasgan).

**When the data will become available and for how long**

After the final approval in the psychology research group and committee of Isfahan Azad University (Khorasgan)

**To whom data/document is available**

Researchers, university professors and students who have received the necessary permission.

**Under which criteria data/document could be used**

If needed by researchers, review of received criticisms and scientific uses

**From where data/document is obtainable**

Sending the request to the researcher on behalf of the applicant, sending the request to the research team, presenting it to the psychology research group and committee of Isfahan Azad University (Khorasgan).

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

Sending a request to the researcher on behalf of the applicant, sending a request to the research team, presenting it to the psychology research group and committee of Azad University of Isfahan (Khorasgan), agreeing or disagreeing with the group, determining the assignment

**Comments**