Clinical Trial Protocol
Iranian Registry of Clinical Trials

13 Nov 2026

Comparing the effectiveness of cognitive-behavioral therapy with combined cognitive-behavioral therapy (face-to-face + web-based application) university students' maladaptive perfectionism

Protocol summary

Study aim

The purpose of the study is to compare the effectiveness of cognitive-behavioral therapy with combined cognitive-behavioral therapy (in-person+web-based application) on university students' maladaptive perfectionism

Design

Random clinical trial with parallel groups, without blindness, on 46 students with maladaptive perfectionism

Settings and conduct

The location ofstudy,University counseling centers orPublic and private psychological and counseling clinics provide psychological services. Students who have Criteria for entering the research will be randomly placed in one of the two groups of cognitive-behavioral or Combined cognitive-behavioral therapy (face to face+web-based app)

Participants/Inclusion and exclusion criteria

Inclusion criteria: Includes students of 18 to 35 years old, with maladaptive perfectionism, internet access and smartphones. Exclusion criteria include symptoms of psychosis, autism spectrum disorder, bipolar disorders and other related disorders, addictive and Substance-related disorders, Simultaneous participation in other psychotherapies

Intervention groups

Cognitive-Behavioral Therapy Group: They will receive 10 face-to-face individual therapy sessions, once a week, which will last for 45 minutes.Combined Cognitive-Behavioral Therapy Group (face to face+Web-based appication): 1They will receive 10 face-to-face individual therapy sessions, once a week, which will last for 45 minutes. In addition, This group will also receive a self-help training through an application installed on their smartphone.

Main outcome variables

.Maladaptive perfectionism, psychological symptoms (depression, anxiety and stress), psychological well-being, life satisfaction, procrastination.

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20231018059762N1**
Registration date: **2024-02-02, 1402/11/13**
Registration timing: **retrospective**

Last update: **2024-02-02, 1402/11/13**
Update count: **0**

Registration date

2024-02-02, 1402/11/13

Registrant information

Name

Gelavizh Mohammadi

Name of organization / entity

Country

Iran (Islamic Republic of)

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Email address

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Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2023-09-23, 1402/07/01

Expected recruitment end date

2023-10-07, 1402/07/15

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Comparing the effectiveness of cognitive-behavioral therapy with combined cognitive-behavioral therapy (face-to-face + web-based application) university students' maladaptive perfectionism

Public title

The effect of cognitive-behavioral therapy with combined cognitive-behavioral therapy and self-help (web-based application) on maladaptive perfectionism

Purpose

Education/Guidance

Inclusion/Exclusion criteria

Inclusion criteria:

Having incompatible perfectionism. Being a student. The minimum age is 18 years and the maximum age is 35 years. Access to the Internet and smart mobile phones in the combined treatment group

Exclusion criteria:

Having symptoms of psychosis Autism spectrum disorder Having bipolar disorder and other related disorders Addictive and substance-related disorders Simultaneous participation in other psychotherapies

Age

From **18 years** old to **35 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **46**

Randomization (investigator's opinion)

N/A

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

کمیته اخلاق دانشگاه علوم پزشکی ایران

Street address

Research and Technology Vice-Chancellor, Central Headquarters Building, Hemat Highway, next to Milad Tower

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Province

Tehran

Postal code

۱۴۴۹۶۱۴۵۳۵

Approval date

2023-09-20, 1402/06/29

Ethics committee reference number

IR.IUMS.REC.1402.571

Health conditions studied

1

Description of health condition studied

maladaptive perfectionism

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description

Problems of maladaptive perfectionism

Timepoint

Before intervention, Immediately After Intervention, 3 Months after intervention

Method of measurement

Perfectionism Scale

Secondary outcomes

1

Description

Psychological symptoms (Depression, Anxiety, Stress)

Timepoint

Before intervention, Immediately after intervention, 3 Months after intervention

Method of measurement

Depression Anxiety Stress Scale

2

Description

Psychological well-being

Timepoint

Before intervention, Immediately after intervention, 3 Months after intervention

Method of measurement

Psychological well-being scale

3

Description

Life satisfaction

Timepoint

Before intervention, Immediately after intervention, 3

Months after intervention

Method of measurement

Life satisfaction scale

4

Description

procrastination

Timepoint

Before intervention, Immediately after intervention, 3 Months after intervention

Method of measurement

Procrastination scale

5

Description

Adherence to therapy

Timepoint

Immediately after intervention, 3 Months after intervention

Method of measurement

Adherence to therapy Scale

Intervention groups

1

Description

Intervention group: Intervention group: Intervention group: cognitive-behavioral therapy group: a treatment protocol that includes the combination of Beck's cognitive therapy approach and Ellis' logical-emotional therapy will be used for the intervention. In this way, students with maladaptive perfectionism will receive 10 face-to-face individual treatment sessions once a week, which will last for 45 minutes.

Category

Behavior

2

Description

Intervention group:Description of intervention 2: groups of combined cognitive-behavioral therapy: (face-to-face + web-based application): For the intervention, a treatment protocol that includes the combination of Beck's cognitive therapy approach and Ellis' logical-emotional therapy will be used. Thus, students with maladaptive perfectionism will receive 10 face-to-face individual therapy sessions once a week, which will last for 45 minutes.Application: This self-help psychological training program was designed with the inspiration and use of the content of the perfectionism guide and is based on a cognitive-behavioral approach. This program is presented in the form of an application (based on the web) to the company. The multi-dimensional and audio-visual application is designed and adjusted in the form of videos, photos (diagrams) and written content in 10 sessions. In this intervention group, in addition to face-to-face therapy, the participants will use the training of application materials related to each session in the interval between face-to-face therapy sessions.

Category

Behavior

Recruitment centers

1

Recruitment center

Name of recruitment center

Armana Psychology and Counseling Service Center

Full name of responsible person

gelavizh Mohammadi

Street address

Unit 44, 4th flr., no. 12, Behesht-e 1 aly, Shariati st, above Mirdamad, Tehran, Iran

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2

Recruitment center

Name of recruitment center

Counseling Center of Sharif University of Technology

Full name of responsible person

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Tehran, Azadi Street, Sharif University of Technology

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Iran University of Medical Sciences

Full name of responsible person

Dr. Reza Falak

Street address

Hemat Highway, next to Milad Tower, Iran University of Medical Sciences, 5th floor of the central headquarters

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1449614535

Phone
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falak.r@iums.ac.ir

Grant name

Grant code / Reference number

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

Title of funding source
Iran 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
Iran University of Medical Sciences

Full name of responsible person
Iran University of Medical Sciences

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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Email
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Sharing plan

Deidentified Individual Participant Data Set (IPD)
No - There is not a plan to make this available

Justification/reason for indecision/not sharing IPD
It is possible to misuse individual raw data.

Study Protocol
Undecided - It is not yet known if there will be 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

No - There is not a plan to make this available

Data Dictionary

Not applicable

Title and more details about the data/document

Results from statistical analysis and reports of clinical outcomes will be available. Also, the informed consent form will be available for the Research Ethics Committee of Iran University of Medical Sciences

When the data will become available and for how long

The beginning of the period of access to the findings is one month after the publication of the data in the form of theses and articles.

To whom data/document is available

All researchers and health policy makers can access clinical findings and statistical analysis results. The informed consent form will only be available to the Research Ethics Committee of Iran University of Medical Sciences.

Under which criteria data/document could be used

The data will be available for stablishing meta-analyses, as well as for developing new protocols and presenting of reports at health-related conferences.

From where data/document is obtainable

Applicants can contact the following email addresses.
Name of the respondent: Gulavizh Mohammadi.
psy.mohammadi@gmail.com

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

Answering the requests and sending the desired data will be done by email and will take about a month.

Comments