Clinical Trial Protocol
Iranian Registry of Clinical Trials

22 Nov 2026

Investigating the effectiveness of play therapy on social anxiety, depression and loneliness in children with dyslexia

Protocol summary

Study aim

Investigating the effectiveness of play therapy on social anxiety, depression and loneliness on children with dyslexia

Design

The sample size of this research is 30 people, which includes children who have dyslexia in elementary school and their selection is through simple random sampling (lottery) in such a way that the statistical population was given a number and they were included in We put a plastic bag and then took out the numbers one by one and wrote them down on paper until we reached the sample size

Settings and conduct

With the consent of the parents and the school staff, a random sampling of 30 people (3 people as a reserve) is carried out in the school and they are replaced in one of the two experimental and control groups of 15 people. The experimental group is subjected to play therapy during 7 sessions. obtained, but the control group was not subjected to game therapy sessions, and one-way blinding was applied in this research, and the students were not aware of the goals of these games.

Participants/Inclusion and exclusion criteria

The criterion for entering the research is the diagnosis of dyslexia with the help of specialists, the consent of the parents and also the consent of the children to participate in the study and no treatment at the same time as the intervention.

Intervention groups

The statistical population of this research is primary school children suffering from dyslexia, who were replaced by random sampling of 30 people (3 people were kept aside as reserves and replacements) and were replaced in one of the two experimental and control groups of 15 people. The experiment was subjected to play therapy during 7 sessions, but the control group was not subjected to play therapy sessions

Main outcome variables

In this research, the level of depression, social anxiety and feeling of loneliness in children with dyslexia are investigated by means of play therapy

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20240120060744N1**
Registration date: **2024-04-17, 1403/01/29**
Registration timing: **retrospective**

Last update: **2024-04-17, 1403/01/29**
Update count: **0**

Registration date

2024-04-17, 1403/01/29

Registrant information

Name

Elmira Khalilzade kolagar

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 21 2209 6746

Email address

khalilzade.el@gmail.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2024-02-20, 1402/12/01

Expected recruitment end date

2024-02-26, 1402/12/07

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Investigating the effectiveness of play therapy on social anxiety, depression and loneliness in children with dyslexia

Public title

Investigating the effect of play therapy on social anxiety, depression and loneliness

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria:

The conditions for entering this research are elementary school children with dyslexia in the first half of the school year.

Exclusion criteria:

Age

From **7 years** old to **12 years** old

Gender

Both

Phase

N/A

Groups that have been masked

- Participant

Sample size

Target sample size: **30**

Randomization (investigator's opinion)

Not randomized

Randomization description

Blinding (investigator's opinion)

Single blinded

Blinding description

Despite the fact that the parents of the students were aware of the objectives of this research, but the students who are the sample of this research were not aware of the objectives of this research.

Placebo

Not used

Assignment

Factorial

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethics Committee of Islamic Azad University, Zahedan branch

Street address

North Farhzad, Sartakh Alley, No. 13, Unit 4

City

Tehran

Province

Tehran

Postal code

1981145984

Approval date

2024-01-20, 1402/10/30

Ethics committee reference number

IR.IAU.ZAH.REC.1402.095

Health conditions studied

1

Description of health condition studied

Investigating social anxiety, depression and loneliness

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description

The effect of play therapy on social anxiety, depression and loneliness

Timepoint

Two groups are selected as intervention and control, and during 7 sessions, play therapy measures are provided for the intervention group and not for the control group.

Method of measurement

In this study, the measurement of social anxiety is based on the Social Anxiety Questionnaire for Adolescents (SAS-A), and the measurement of depression is based on the Beck Depression Questionnaire, and the measurement of feeling of loneliness is based on the Feeling of Loneliness Questionnaire (UCLA). .

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: There are 15 people who undergo play therapy in 7 sessions

Category

Behavior

2

Description

Control group: There are 15 people who don't undergo play therapy

Category

Behavior

Recruitment centers

1

Recruitment center

Name of recruitment center
Education, District 12, Tehran
Full name of responsible person
Hamid Rostami
Street address
Shariati St., Zandi St., education and training of the region
City
tehran
Province
Tehran
Postal code
9815874558
Phone
+98 21 8670 5504
Email
ed.1361@gmail.com

Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Islamic Azad University, Zahedan branch
Full name of responsible person
Mr. Dr. Thanagovi, editor
Street address
Zahedan University Street-Islamic Azad University, Zahedan branch
City
zahedan
Province
Sistan-va-Balouchestan
Postal code
9815874878
Phone
+98 54 3322 1561
Fax
+98 54 3322 1561
Email
arjamandimuhaddeh@gmail.com
Web page address
https://zahedan.iau.ir/

Grant name
does not have.
Grant code / Reference number
10100
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
Islamic Azad University, Zahedan branch
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
Other

Person responsible for general inquiries

Contact

Name of organization / entity
Islamic Azad University, Zahedan branch
Full name of responsible person
Gholamreza, editor's spokesperson
Position
Assistant Professor, Department of Psychology
Latest degree
Ph.D.
Other areas of specialty/work
Psychology
Street address
University Street - Islamic Azad University, Zahedan branch
City
zahedan
Province
Sistan-va-Balouchestan
Postal code
9815874558
Phone
+98 54 3322 1561
Email
el.1361@gmail.com

Person responsible for scientific inquiries

Contact

Name of organization / entity
Islamic Azad University, Zahedan branch،
Full name of responsible person
Gholamreza Thanagovi editor
Position
Vice Chancellor of the Faculty
Latest degree
Ph.D.
Other areas of specialty/work
Psychology
Street address
University Street - Islamic Azad University, Zahedan branch
City
zahedan
Province
Sistan-va-Balouchestan
Postal code
9815874558
Phone
+98 54 3322 1561
Email
el.1361@gmail.com

Person responsible for updating data

Contact

Name of organization / entity
Islamic Azad University, Zahedan branch

Full name of responsible person
Gholamreza Thanagovi editor

Position
Vice Chancellor of the Faculty

Latest degree
Ph.D.

Other areas of specialty/work
Psychology

Street address
University Street - Islamic Azad University, Zahedan branch

City
zahedan

Province
Sistan-va-Balouchestan

Postal code
9815874558

Phone
+98 54 3322 1561

Email
el.1361@gmail.com

Sharing plan

Deidentified Individual Participant Data Set (IPD)
Undecided - It is not yet known if there will be 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
No - There is not 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
Statistical data file - summary of the work - its results, treatment protocol.

When the data will become available and for how long
From March 2024to one year after publication

To whom data/document is available
Students, professors and researchers

Under which criteria data/document could be used
It is for the purpose of further research and comparison of results.

From where data/document is obtainable
Islamic Azad University, Zahedan branch

What processes are involved for a request to access data/document
The process takes about a month.

Comments