Clinical Trial Protocol
Iranian Registry of Clinical Trials

22 Nov 2026

The effectiveness of rational emotive behavior therapy (REBT) on motivation for academic achievement, anxiety, depression among entrance exam students female in the Dashte-Azadegan city

Protocol summary

Study aim
Investigating the effectiveness of Rational Emotive Behavior Therapy (REBT) on academic achievement motivation, anxiety, and depression among female pre-university students preparing for the national entrance exam (Konkur) in Dasht-e Azadegan County in the year 2025

Design
A clinical trial with experimental and control groups, non-blinded, was conducted using simple randomization through a lottery method.

Settings and conduct
Before and after the intervention, the dependent variables under study were assessed using the relevant questionnaires in both the experimental and control groups as pre-tests and post-tests. The collected data were analyzed using SPSS software, and the findings were extracted.

Participants/Inclusion and exclusion criteria
The statistical population consisted of final-year female high school students in Dasht-e Azadegan County who, in 1404, visited the counseling center of the Susangerd Education Department and were diagnosed with moderate to severe anxiety and depression based on DSM-5 criteria. Using Cohen's formula, a sample of 30 students was voluntarily selected and randomly assigned into two groups of 15: experimental and control.

Intervention groups
The experimental group received Rational Emotive Behavior Therapy (REBT) based on the Ellis and Dryden (1997) approach (translated by Firoozbakht, 2018), delivered in six 100-minute sessions, one session per week, while the control group received no intervention.

Main outcome variables
Rational Emotive Behavior Therapy (REBT) is likely to have an effect on academic achievement motivation, anxiety, and depression among female university-entrance exam students in Dasht-e Azadegan County.

General information

Reason for update
Acronym
IRCT registration information
IRCT registration number: **IRCT20250907067168N1**
Registration date: **2025-09-14, 1404/06/23**
Registration timing: **prospective**

Last update: **2025-09-14, 1404/06/23**
Update count: **0**

Registration date
2025-09-14, 1404/06/23

Registrant information

Name
Elham Beit Ahmadi
Name of organization / entity
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Recruitment status
Recruitment complete
Funding source

Expected recruitment start date
2025-09-22, 1404/06/31
Expected recruitment end date
2025-10-22, 1404/07/30
Actual recruitment start date
empty
Actual recruitment end date
empty

Trial completion date
empty

Scientific title
The effectiveness of rational emotive behavior therapy (REBT) on motivation for academic achievement, anxiety, depression among entrance exam students female in the Dashte-Azadegan city

Public title
The effectiveness of rational emotive behavior therapy (REBT) on motivation for academic achievement, anxiety, depression

Purpose
Education/Guidance

Inclusion/Exclusion criteria

Inclusion criteria:
Having informed consent to participate in the research No history of other psychiatric disorders or substance addiction Not receiving medication due to other psychiatric disorders

Exclusion criteria:
Participant’s declaration of unwillingness to continue cooperation in the research process Severe relapse of a physical or mental illness during the field phase of the research

Age
From **17 years** old to **19 years** old

Gender
Female

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **30**

Randomization (investigator's opinion)
Randomized

Randomization description
A simple randomization method is used. In this method, the list of participants is numbered, and assignment to the intervention and control groups is carried out using a table of random numbers. The allocation is performed by someone other than the principal investigator. Additionally, to ensure allocation concealment, participant numbers are placed in sealed, numbered envelopes.

Blinding (investigator's opinion)
Not blinded

Blinding description

Placebo
Not used

Assignment
Other

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee
Islamic Azad University, Ahvaz Branch

Street address
Islamic Azad University, Ahvaz Branch, Farhangshahr, Golestan Highway, Ahvaz

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Postal code
61349-37333

Approval date
2025-08-10, 1404/05/19

Ethics committee reference number
IR.IAU.AHVAZ.REC.1404.328

Health conditions studied

1

Description of health condition studied
Motivation for Academic Achievement

ICD-10 code

ICD-10 code description

2

Description of health condition studied
Anxiety

ICD-10 code

ICD-10 code description

3

Description of health condition studied
Depression

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description
Motivation for academic achievement

Timepoint
Before and after Rational Emotive Behavior Therapy (REBT) intervention

Method of measurement
Academic Achievement Motivation Questionnaire (ISM)

2

Description
Anxiety

Timepoint
Before and after Rational Emotive Behavior Therapy

(REBT) intervention

Method of measurement

Beck Anxiety Inventory (BAI)

3

Description

Depression

Timepoint

Before and after Rational Emotive Behavior Therapy (REBT) intervention

Method of measurement

Beck Depression Inventory-II (BDI-II)

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: Rational Emotive Behavior Therapy (REBT)

Category

Lifestyle

2

Description

Control group: Does not receive the intervention

Category

Lifestyle

Recruitment centers

1

Recruitment center

Name of recruitment center

Counseling Center of the Susangerd County Department of Education

Full name of responsible person

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Sponsors / Funding sources

1

Sponsor

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Full name of responsible person

Vice President for Research and Technology

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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

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

Islamic Azad University

Full name of responsible person

Elham Beit Ahmadi

Position

Master's student

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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

No - There is not 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

Not applicable

Title and more details about the data/document

In the SPSS data file, each participant was assigned a unique number. The intervention group was labeled as A and the control group as C, and the response codes for the corresponding questionnaires were also numerically coded.

When the data will become available and for how long

After obtaining the IRCT code and defending the thesis

To whom data/document is available

Other researchers

Under which criteria data/document could be used

Conducting related future research

From where data/document is obtainable

Head of theses and research projects, Islamic Azad University, Susangerd Branch

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

Initially, the request is submitted via email or in person, and after approval by the Islamic Azad University, Ahvaz Branch, the information is provided to the subsequent researcher.

Comments

All intellectual and material rights of a thesis belong to the academic institution where the student studied. Therefore, after the thesis defense, the Islamic Azad University, Susangerd Branch, has the right to provide the documented data file and information related to the final thesis report to other researchers, either within or outside the university.