Clinical Trial Protocol
Iranian Registry of Clinical Trials

17 Sep 2026

A Comparative study of the efficiency of group cognitive- behavioral therapy with aerobic exercise in treating of major depression in depressed students of Kermanshah University of Medical Science

Protocol summary

Summary

The aim of current study is the comparison of the efficiency of group cognitive- behavioral therapy with aerobic exercise in treating of major depression and cognitive components of depression (Belief in negative automatic thoughts, the frequency of negative automatic thoughts, dysfunctional assumptions and thoughts of hopelessness) in depressed students of Kermanshah University of Medical Science. This study is a pretest-posttest study with control group. The research community is students of Kermanshah University of Medical Sciences and the required sample is 48 depressed students. Inclusion criteria: having Beck depression score between 13 - 29; lack of receive medical treatment; ability and willingness to participate in the study and listening and speaking ability. Exclusion criteria: the existence of other obvious disorders in axis I except depression; drug abuse or drug dependence; having suicidal thoughts; having psychotic symptoms such as hallucinations and delusions. After sampling the subjects are randomly divided into three groups: cognitive behavior therapy, aerobic exercise and control groups. Data are collected at baseline and after interventions (after 8 week). The primary outcome measure include: depression; frequency of automatic thoughts; the belief in negative automatic thoughts; dysfunctional thoughts and thoughts of hopelessness.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2012061910063N1**
Registration date: **2012-07-06, 1391/04/16**
Registration timing: **registered_while_recruiting**

Last update:
Update count: **0**

Registration date

2012-07-06, 1391/04/16

Registrant information

Name

Kheirollah Sadeghi

Name of organization / entity

Kermanshah University of Medical Science

Country

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Recruitment status

Recruitment complete

Funding source

Kermanshah University of Medical Sciences

Expected recruitment start date

2012-07-05, 1391/04/15

Expected recruitment end date

2012-08-05, 1391/05/15

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

A Comparative study of the efficiency of group cognitive-behavioral therapy with aerobic exercise in treating of major depression in depressed students of Kermanshah University of Medical Science

Public title

A Comparative study of the efficiency of group cognitive-

behavioral therapy with aerobic exercise in treating of major depression

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria: 1. BDI-II depression score between 13 to 28. 2. Ability and willingness to participate in the study. 3. Lack of hearing and speech problems. 4. Not using antidepressants or other treatment. before or during the interventions. Exclusion criteria: 1. Any other obvious disorder in axis I except major depression. 2. There are psychotic signs and symptoms such as hallucinations and delusions. 3. A history of drug abuse or drug dependence now or in the past. 4. Having suicidal thoughts. 5. There are personality disorders in axis II.

Age

From **18 years** old to **25 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **48**

Randomization (investigator's opinion)

Randomized

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

Kermanshah University of Medical Science

Street address

Vice – Chancellery of Research & Technology Affairs, building No.2,shahid beheshti blvd, Kermanshah

City

Kermanshah

Postal code

Approval date

2012-06-06, 1391/03/17

Ethics committee reference number

3410/420/7/پ

Health conditions studied

1

Description of health condition studied

Major depression

ICD-10 code

F32

ICD-10 code description

Depressive episode

Primary outcomes

1

Description

Depression

Timepoint

Before and two month after starting intervention

Method of measurement

Beck Depression inventory-II(BDI-II)

2

Description

Frequency and belief in negative automatic thought

Timepoint

Before and two month after starting intervention

Method of measurement

Automatic Thoughts Questionnaire (ATQ)of Kendall and Hollon

3

Description

Hopelessness

Timepoint

Before and two month after starting intervention

Method of measurement

Beck hopelessness scale

4

Description

Dysfunctional Attitude

Timepoint

Before and two month after starting intervention

Method of measurement

Dysfunctional Attitude Scale (DAS)

Secondary outcomes

empty

Intervention groups

1

Description

Type of intervention:group cognitive behavior therapy Duration: eight weeks, 12 sessions Two days a week, for 45-60 minutes / session

Category
Treatment - Other

2

Description
Type of intervention:aerobic exercise Duration: eight weeks intensity 60-80% heart rate reserve, frequency 3 days/week, duration 45-60 min/session
Category
Other

3

Description
The control group does not receive any treatment
Category
N/A

Recruitment centers

1

Recruitment center
Name of recruitment center
Kermanshah University of Medical Science
Full name of responsible person
Mojtaba Ahmadi (postgraduate student of clinical psychology)
Street address
Faculty of Health, Medicine, Nursing and Paramedical, sanjabi, Kermanshah
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Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Vice – Chancellery of Research & Technology Affairs of Kermanshah University of Medical Science
Full name of responsible person
Mrs. Entezari
Street address
Vice – Chancellery of Research & Technology Affairs, building No.2,shahid beheshti blvd, Kermanshah
City
Kermanshah
Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
Vice – Chancellery of Research & Technology Affairs of Kermanshah University of Medical Science
Proportion provided by this source
100
Public or private sector
empty
Domestic or foreign origin
empty
Category of foreign source of funding
empty
Country of origin
Type of organization providing the funding
empty

Person responsible for general inquiries

Contact
Name of organization / entity
Kermanshah University of Medical Sciences
Full name of responsible person
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Sharing plan

Deidentified Individual Participant Data Set (IPD)
empty
Study Protocol
empty
Statistical Analysis Plan
empty
Informed Consent Form
empty
Clinical Study Report
empty
Analytic Code
empty
Data Dictionary
empty