

Clinical Trial Protocol

Iranian Registry of Clinical Trials

16 Sep 2026

Effect of group metacognitive therapy on depression symptoms and rumination on female students in Shahid Chamran University of Ahvaz

Protocol summary

Summary

The aim of present study was to investigate effect of group metacognitive therapy on depression symptoms and rumination in female students with depression symptoms of Shahid Chamran University of Ahvaz. This study was kind of clinical trial. Based on necessary criteria (consist of being daughter, student, non native, gaining necessary score in Beck Depression Inventory (least score 13), diagnosis based on diagnostic interview and not being psychosis) 40 volunteer non-native female students in dormitory of Shahid Chamran University of Ahvaz assigned by random sampling in experimental (20 students) and control (20 students) group. Students participated in 8 sessions of group metacognitive therapy and completed Beck Depression Inventory and rumination questionnaire in the pre-test, post-test and follow up stages. After the intervention was saw there are significant differences between experimental and control group based on decrease of depression symptoms and rumination in post-test and follow-up stages.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2012070710198N1**

Registration date: **2012-09-24, 1391/07/03**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2012-09-24, 1391/07/03

Registrant information

Name

Saba Hasanvandi

Name of organization / entity

Shahid Chamran University of Ahvaz

Country

Iran (Islamic Republic of)

Phone

+98 58 2522 1005

Email address

m.honarmand@scu.ac.ir

Recruitment status

Recruitment complete

Funding source

Psychology and educational sciences department of Shahid Chamran University of Ahvaz

Expected recruitment start date

2010-12-01, 1389/09/10

Expected recruitment end date

2011-02-01, 1389/11/12

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effect of group metacognitive therapy on depression symptoms and rumination on female students in Shahid Chamran University of Ahvaz

Public title

Effect of group metacognitive therapy on depression symptoms

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria: daughter; student; non native; gain necessary in Beck Depression Inventory (least score 13); eligible based on clinical interview exclusion criteria: students under 18 and over 33; being native; psychosis symptoms

Age

To 33 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**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**

Shahid Chamran University of Ahvaz

Street address

Modares alley, Drgaz, Khorasane razavi, Iran

City

Dargaz

Postal code

4073442554

Approval date

2010-09-23, 1389/07/01

Ethics committee reference number

90200171

2**Ethics committee****Name of ethics committee**

دانشگاه شهید چمران اهواز

Street address

خراسان رضوی-درگز-خیابان مدرس

City

درگز

Postal code

098

Approval date

2011-08-20, 1390/05/29

Ethics committee reference number

90200171

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

Depression

ICD-10 code

F32

ICD-10 code description

Depressive episode

Primary outcomes**1****Description**

Depressive symptoms, Rumination

Timepoint

3 months

Method of measurement

Beck Inventory Questionair

2**Description**

Depressive symptoms, Rumination

Timepoint

1 month

Method of measurement

Beck Depression Inventory

Secondary outcomes**1****Description**

Decrease of depressive symptoms, Decrease of rumination

Timepoint

after 1 month

Method of measurement

Inventory

2**Description**

Decrease in depression, Decrease of rumination

Timepoint

after 1 month

Method of measurement

inventory

Intervention groups**1****Description**

8 sessions (every session 90 minutes) in order to decrease depression symptoms and rumination in experimental group is held. In this sessions well's therapeutic package and metacognitive techniques for mood disorders is used and after end of sessions follow-

up session is held.

Category

Behavior

2

Description

No treatment is carried out in control group. After ending therapeutic sessions, follow-up session in order to determination metacognitive therapy in this group is held.

Category

Behavior

Recruitment centers

1

Recruitment center

Name of recruitment center

shahid chamran university of ahvaz

Full name of responsible person

saba Hasanvandi

Street address

Modares alley, Dargaz, Khorasane razavi, Iran

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Recruitment center

Name of recruitment center

shahid chamran university of ahvaz

Full name of responsible person

saba hasanvandi

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City

dargaz

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Shahid Chamran University of Ahvaz

Full name of responsible person

Mahdi Valizade

Street address

Modaress alley, Dargaz, Khorasane razavi, Iran

City

Dargaz

Grant name

مشخص نیست

Grant code / Reference number

Not specified

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

Yes

Title of funding source

Shahid Chamran University of Ahvaz

Proportion provided by this source

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

2

Sponsor

Name of organization / entity

Shahid Chamran Universitr of Ahvaz

Full name of responsible person

Mahdi Valizade

Street address

Modaress alley, Dargaz, Khorasane razavi, Iran

City

Dargaz

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Shahid Chamran Universitr of Ahvaz

Proportion provided by this source

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

3

Sponsor

Name of organization / entity

Shahid Chamran University of Ahvaz

Full name of responsible person

Mahdi Valizade

Street address

Modaress alley, Dargaz, Khorasane razavi, Iran

City

Dargaz

Grant name

مشخص نیست

Grant code / Reference number

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

Yes

Title of funding source

Shahid Chamran University of Ahvaz

Proportion provided by this source

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***Phone**

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Person responsible for general inquiries**Contact****Name of organization / entity**

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Full name of responsible person

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Position

MA in clinical psychology

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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*