

Clinical Trial Protocol

Iranian Registry of Clinical Trials

24 Jun 2026

Comparison of the effect of transdiagnostic group therapy with cognitive group therapy in deduction of university students symptoms of adjustment disorder and promoting their happiness and quality of life with primary diagnosis of adjustment disorder

Protocol summary

Summary

The purpose of this study is comparison of the effect of transdiagnostic group therapy with cognitive group therapy in deduction of university students' symptoms of adjustment disorder, depression and anxiety and promoting their happiness and quality of life with primary diagnosis of adjustment disorder. Global plan of this study is pre-test post-test with control group (cognitive group therapy as a standard treatment). The population is university students with adjustment disorder and the sample of it, is 30 university students with this kind of diagnosis (15 people in experimental group or transdiagnostic group and 15 people in control group or cognitive group). Inclusion criterion: having adjustment disorder diagnosis with depressed mood and anxiety symptoms (scores in depression and anxiety should be more than the cut of the inventories). Exclusion criteria: other diagnosis of axis I such as grief, MDD, psychosis, PTSD; drug abuse; giving another psychological treatment or using psychiatric drugs and physical defects. Transdiagnostic group therapy should be 9 sessions (each session is 2 hours in a week) and cognitive group therapy should be 10 sessions (each session is 2 hours in a week). The expected conclusion is deduction of adjustment symptoms and promoting of life quality and happiness.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2012102211206N1**

Registration date: **2013-07-05, 1392/04/14**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2013-07-05, 1392/04/14

Registrant information

Name

Saeedeh Zenoozian

Name of organization / entity

Tehran Psychiatry Institute

Country

Iran (Islamic Republic of)

Phone

+98 21 6655 1668

Email address

s-zenoozian@razi.tums.ac.ir

Recruitment status

Recruitment complete

Funding source

Iran University of Medical Sciences

Expected recruitment start date

2013-04-21, 1392/02/01

Expected recruitment end date

2013-06-20, 1392/03/30

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Comparison of the effect of transdiagnostic group therapy with cognitive group therapy in deduction of university students symptoms of adjustment disorder and promoting their happiness and quality of life with primary diagnosis of adjustment disorder

Public title

Effect of transdiagnostic group therapy and cognitive group therapy in deduction of university students symptoms of adjustment disorder

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criterion: having adjustment disorder diagnosis with depressed mood and anxiety symptoms(scores in depression and anxiety should be more than the cut of the inventories). Exclusion criteria: other diagnosis of axis I such as grief, MDD, psychosis, PTSD; drug abuse; giving another psychological treatment or using psychiatric drugs and physical defects.

Age

From **18 years** old to **40 years** old

Gender

Both

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

Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Mental Health Research Center, Tehran University of Medical Sciences

Street address

tehran psychiatry institute- mansouri street--niayesh street-sattarkhan-Tehran-Iran

City

tehran

Postal code

1445613111

Approval date

2013-02-23, 1391/12/05

Ethics committee reference number

3078

Health conditions studied

1

Description of health condition studied

Adjustment disorders

ICD-10 code

F43.2

ICD-10 code description

Adjustment disorders

Primary outcomes

1

Description

Adjustment disorder symptoms

Timepoint

Before intervention and after intervention

Method of measurement

Structured clinical interview for DSM-IV

2

Description

Depression

Timepoint

Before intervention and after intervention

Method of measurement

Beck depression inventory

3

Description

Anxiety

Timepoint

Before intervention and after intervention

Method of measurement

Beck anxiety inventory

4

Description

General function

Timepoint

Before intervention and after intervention

Method of measurement

Work and social adjustment scale

5

Description

Happiness

Timepoint

Before intervention and after intervention

Method of measurement

Oxford happiness interview

6

Description

Quality of life

Timepoint

Before intervention and after intervention

Method of measurement

World health organization quality of life-BREEF

Secondary outcomes

empty

Intervention groups

1

Description

Experimental group with 15 members will receive transdiagnostic treatment for 9 weekly sessions(each session will be 2 hours). At the last session the group members should complete the inventories again as post-test.

Category

Behavior

2

Description

The control group with 15 members will receive cognitive group therapy for 10 sessions(each session is 2 hours). At the last session they should complete the inventories again as post-test. the members can be absent just for 2 sessions and more than it is not acceptable and they will be dropped out of therapy.

Category

Behavior

Recruitment centers

1

Recruitment center

Name of recruitment center

Counselling center of Sanaati Sharif University

Full name of responsible person

Saeedeh Zenoozian

Street address

Counselling center- Sharif university-Azadi street

City

Tehran

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Iran University of Medical Sciences

Full name of responsible person

Dr Rasul Farasat Kish

Street address

Second floor- Central building- Iran University of Medical Sciences-next tomilad tower-shahid hemmat autoban-Tehran- Iran

City

Tehran

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

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

Tehran Psychiatry Institute

Full name of responsible person

Saeedeh Zenoozian

Position

PhD student of clinical psychology

Other areas of specialty/work

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number 1-mansuri street- niayesh street-sattarkhan-tehran- Iran

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Person responsible for scientific inquiries

Contact

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Full name of responsible person

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Position

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Other areas of specialty/work

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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