

Clinical Trial Protocol

Iranian Registry of Clinical Trials

04 Jul 2026

Comparison of the effectiveness of stress management group training and cognitive group therapy on perceived depression, anxiety and stress in HIV-positive men in Mazandaran province

Protocol summary

Summary

The aim of this study was comparing the effectiveness of group training of stress management with cognitive therapy in reducing depression, anxiety and stress perceived HIV-positive men. Inclusion criteria for this study was hiv positive men. research community was 121 HIV-positive men in Mazandaran province. The sample included 45 patients from research community selected and placed randomly in three groups of group training of stress management, cognitive group therapy and control ones. Depression, anxiety and stress questionnaire was conducted as the pre test and post test, group training of stress management and cognitive group therapy participated in ten 1.5-hour sessions in a week, but control group did not receive any therapy.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2012121711782N1**

Registration date: **2013-01-03, 1391/10/14**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2013-01-03, 1391/10/14

Registrant information

Name

Akbar Hemmati Sabet

Name of organization / entity

Department of counseling, Science and Research branch, Islamic Azad University, Tehran, Iran

Country

Iran (Islamic Republic of)

Phone

+98 81 1254 2814

Email address

mohamad.hemmati1363@yahoo.com

Recruitment status

Recruitment complete

Funding source

Islamic Azad University, Ramsar Branch

Expected recruitment start date

2011-02-08, 1389/11/19

Expected recruitment end date

2011-04-15, 1390/01/26

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Comparison of the effectiveness of stress management group training and cognitive group therapy on perceived depression, anxiety and stress in HIV-positive men in Mazandaran province

Public title

the effect of stress management group training and group therapy on depression, anxiety and stress in HIV-positive men

Purpose

Health service research

Inclusion/Exclusion criteria

Inclusion criteria:Hiv men Exclusion criteria:nothing

Age

No age limit

Gender

Male

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **121**

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

Azad University Ramsar

Street address

17 Rood Street. Abas Mofrad Ave, Azad University
Ramsar , Mazandaran, Iran

City

Ramsar

Postal code

4691966434

Approval date

2011-02-06, 1389/11/17

Ethics committee reference number

5037 /1_32_03

Health conditions studied

1

Description of health condition studied

hiv

ICD-10 code

B23.0

ICD-10 code description

acute HIV infection syndrome

Primary outcomes

1

Description

depression

Timepoint

before beginig of intevention .45th day of
intervention

Method of measurement

Depression , (Dass - Lovibond & Lovibond 1995)
questionnaire

2

Description

anxiety

Timepoint

before beginig of intevention .45th day of
intervention

Method of measurement

anxiety (Dass - 21 Lovibond & Lovibond 1995)
questionnaire

3

Description

stress

Timepoint

before beginig of intevention .45th day of
intervention

Method of measurement

stress (Dass - 21 Lovibond & Lovibond 1995)
questionnaire

Secondary outcomes

empty

Intervention groups

1

Description

Time for each stress management training session was 1.5 hour and this procedure was run in 10 sessions , Cognitive behavioral stress management training is combination of relaxation techniques and cognitive behavioral techniques, the designing goals of this program are: a) Collecting for people for training and written information about the sources of stress and self-regulatory practices. b) Training Skills to reduce anxiety such as muscle relaxation techniques that include a gradual, guided imagery, autogenics, meditation, diaphragmatic breathing. c) Improved cognitive evaluation that includes cognitive restructuring techniques, logical thinking replacement d) Develop interpersonal coping skills, and increasing emotional tools that include training techniques of coping skills, expression training, and anger management. e) Reduce social isolation, which includes providing support team techniques, techniques that increase awareness of the social networking components.

Category

Behavior

2

Description

Time for each treatment session (cognitive therapy) was 1.5 hour, and this treatment procedure was performed in 10 sessions . The experimental group was informed during the meeting that thoughts on the beliefs that at

point B the sequence ABC (activator event, belief, emotional outcomes) are located. These beliefs are often. One way to reduce anxiety in the experimental group during the training sessions was aware of the knowledge triangle is negative. The subjects were instructed that negative attitudes about themselves, the world and the next, the third mistake are in thinking.

Category

Behavior

3

Description

control group

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center

Mazandaran province's Health consultant Clinics

Full name of responsible person

Dr Javad khalat bari

Street address

17 Rood Street, Abas Mofrad Ave, Azad University
Ramsar , Mazandaran, Iran

City

Ramsar

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Azad University Ramsar

Full name of responsible person

Aboo Saleh Mohamad Sharif

Street address

Azad University Ramsar

City

Ramsar

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Azad University Ramsar

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

Master of Clinical Psychology Azad Tonekabon University

Full name of responsible person

Akbar Hemmati Sabet

Position

Master of Clinical Psychology

Other areas of specialty/work

Street address

NO 41, Fazel Ally, Farhangian Quarter, Hamedan

City

Hamedan

Postal code

6519975456

Phone

+98 81 1254 2814

Fax

Email

mohamad.hemmati1363@yahoo.com

Web page address

Person responsible for scientific inquiries

Contact

Name of organization / entity

Master Of Clinical Psychology ,Azad University Tonkabon

Full name of responsible person

Akbar Hemmati Sabet

Position

Master Of Clinical Psychology

Other areas of specialty/work

Street address

Hamedan

City

Hamedan

Postal code

6519975456

Phone

+98 81 1254 2814

Fax

Email

mohamad.hemmati1363@yahoo.com

Web page address

Person responsible for updating data

Contact

Name of organization / entity

Master Of Clinical Psychology, Azad University Tonekabon

Full name of responsible person

Akbar Hemmati Sabet

Position

Master of clinical psychology

Other areas of specialty/work

Street address

Hamedan

City

Hamedan

Postal code

6519975456

Phone

+98 81 1254 2814

Fax**Email**

mohamad.hemmati1363@yahoo.com

Web page address**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*