Clinical Trial Protocol
Iranian Registry of Clinical Trials

08 Nov 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

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Name of organization / entity

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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 inteventation ،45th day of intervention
Method of measurement
Depression , (Dass – Lovibond & Lovibond 1995) questionnaire

2

Description
anxiety
Timepoint
before beginig of inteventation ،45th day of intervention
Method of measurement
anxiety (Dass – 21 Lovibond & Lovibond 1995) questionnaire

3

Description
stress
Timepoint
before beginig of inteventation ،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

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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