

Clinical Trial Protocol

Iranian Registry of Clinical Trials

18 Jul 2026

Compare of effectiveness schema therapy and group cognitive therapy to reduce depression, anxiety and perceived stress women

Protocol summary

Summary

objective: the aim of this study was compare of schema therapy and group cognitive therapy to reduce depression, anxiety and perceived stress women with high-risk behavior patrons. design: This quasi-experimental study with single-stage cluster sampling method. The population of 500 individuals attending women with a history of sexual risk behavior for HIV testing that went to the center of the age range 20 to 60 years and have a diploma to high levels by psychology and medicine diagnostic interview, the use of formula sample of 250 randomly selected and depression, anxiety, stress was conducted. 85 clients of depression, anxiety, stress were detected, of which 45 people were selected randomly in three groups of 15 people, including two experimental groups and one control group patients: included women with a history of sexual risk behavior and Exclusive criteria, having no sexual risk behavior in their history . setting and conduct: 12 sessions of cognitive therapy and 12 sessions schema therapy was conducted at the time of each session was 90 minutes. At the end of the training period, all groups are re-test. intervention and main out come: The results showed that schema therapy than in cognitive therapy on depression, anxiety and perceived stress female clients with high-risk behavior is more effective.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2012121911782N2**

Registration date: **2016-04-30, 1395/02/11**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2016-04-30, 1395/02/11

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

investigator

Expected recruitment start date

2015-12-31, 1394/10/10

Expected recruitment end date

2016-01-30, 1394/11/10

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Compare of effectiveness schema therapy and group cognitive therapy to reduce depression, anxiety and perceived stress women

Public title

Compare of effectiveness psychological intervention to women,s psychological signs

Purpose

Treatment

Inclusion/Exclusion criteria

inclusion criteria: included women with a history of sexual risk behavior for HIV testing that went to the center of the age range 20 to 60 years and have a diploma to high levels by psychology and medicine diagnostic interviewed that they have sign of depression, anxiety and stress. Exclusion criteria: having no sexual risk behavior in their history.

Age

No age limit

Gender

Female

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: 500

Randomization (investigator's opinion)

Randomized

Randomization description

Blinding (investigator's opinion)

Not blinded

Blinding description

Placebo

Used

Assignment

Single

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethic committe of Hamadan University of Medical Sciences

Street address

hamadan felestin square

City

hamadan

Postal code

319

Approval date

2005-12-30, 1384/10/09

Ethics committee reference number

11047/32/16/پ

Health conditions studied

1

Description of health condition studied

depression disorder

ICD-10 code

F33.0, F33

ICD-10 code description

Recurrent depressive disorder, unspecified

2

Description of health condition studied

anxiety disorder

ICD-10 code

F41.1, F41

ICD-10 code description

Anxiety disorder, unspecified

3

Description of health condition studied

Stress

ICD-10 code

F43.0, F43

ICD-10 code description

Other reactions to severe stress

Primary outcomes

1

Description

stress

Timepoint

a month before post test and a week after pretest

Method of measurement

anxiety and depression, anxiety, stress scale (DASS, Lovibond, P.F. Lovibond, 1995)

2

Description

depression

Timepoint

post test and pretest

Method of measurement

anxiety and depression, anxiety, stress scale (DASS, Lovibond, P.F. Lovibond, 1995)

3

Description

anxiety

Timepoint

post test and pretest

Method of measurement

anxiety and depression, anxiety, stress scale (DASS, Lovibond, P.F. Lovibond, 1995)

Secondary outcomes

empty

Intervention groups

1

Description

12 sessions schema therapy and time of each session was 90 minutes

Category
Behavior

2

Description
12 sessions of cognitive therapy and time of each session was 90 minutes.

Category
Behavior

Recruitment centers

1

Recruitment center
Name of recruitment center
shohada hospital
Full name of responsible person
Dr mina nikhbakht
Street address
hamadan, takhti street
City
Hamadan

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Science and Research branch Islamic Azad University
Tehran
Full name of responsible person
Akbar hemmati sabe
Street address
hamadan
City
hamadan
Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
Science and Research branch Islamic Azad University
Tehran
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
Department of counseling, Science and Research branch, Islamic Azad University, Tehran, Iran
Full name of responsible person
akbar hemmati sabet
Position
phd student
Other areas of specialty/work
Street address
hamadan
City
hamadan
Postal code
Phone
+98 83 1254 2814
Fax
Email
mohamad.hemmati1363@yahoo.com
Web page address

Person responsible for scientific inquiries

Contact

Name of organization / entity
Professor ,phD in Counseling , Kharazmi University ,Tehran
Full name of responsible person
Shokooh Navabi Nejad
Position
phd of counseling
Other areas of specialty/work
Street address
Tehran
City
Tehran
Postal code
Phone
+98 83 1254 2814
Fax
Email
Navabinejad93@gmail.com
Web page address

Person responsible for updating data

Contact

Name of organization / entity
Department of counseling, Science and Research branch, Islamic Azad University, Tehran, Iran.
Full name of responsible person
akbar hemmati sabet
Position
Other areas of specialty/work
Street address
Ph.d student
City
hamadan
Postal code
Phone
+98 83 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