Clinical Trial Protocol
Iranian Registry of Clinical Trials

08 Nov 2026

Effectiveness of Behavioral Activation and Metacognitive Therapy on Depression, Anxiety, and Cognitive emotion regulation strategies

Protocol summary

Summary

The aim of this study was to examine the effectiveness of brief group behavioral activation (BA) and metacognitive therapy (MCT) for depression, anxiety, and cognitive emotion regulation strategies. In a pretest-posttest quasi-experimental design including a control group, 41 bachelor students of Shahid Chamran University of Ahvaz after primary clinical assessment and acquisition of study criteria randomly assigned to either BA (n = 13), MCT (n = 14), or a wait-list control group (n= 14). The treatment groups received 8-weekly BA or MCT sessions. The Beck Depression Inventory, Beck Anxiety Inventory, and Cognitive Emotion Regulation Questionnaire were used as outcome measures, before and after the intervention and 2-month follow up.

General information

Acronym

Behavioral Activation and Metacognitive Therapy

IRCT registration information

IRCT registration number: **IRCT2013030912753N1**
Registration date: **2013-03-17, 1391/12/27**
Registration timing: **retrospective**

Last update:
Update count: **0**

Registration date

2013-03-17, 1391/12/27

Registrant information

Name

Mehdi Zemestani

Name of organization / entity

Shahid Chamran University of Ahvaz

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Recruitment status

Recruitment complete

Funding source

Shahid Chamran University of Ahvaz

Expected recruitment start date

2011-11-22, 1390/09/01

Expected recruitment end date

2012-06-21, 1391/04/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effectiveness of Behavioral Activation and Metacognitive Therapy on Depression, Anxiety, and Cognitive emotion regulation strategies

Public title

Effectiveness of Behavioral Activation and Metacognitive Therapy on Depression, Anxiety, and Cognitive emotion regulation strategies

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion Criteria: acquisition of more than 19 scores on Beck Depression Inventory-II (BDI-II) and Beck Anxiety Inventory (BAI), confirmation of presence comorbid depression and anxiety according to Structured Clinical Interview for DSM-IV Axis I Disorders (SCID-I); not receiving any psychological or pharmaceutic therapies (one year before than starting research at least); having minimum 18 and maximum 30 years old; being bachelor student. Exclusion Criteria: having psychotic disorder or depressive disorders with psychotic features; presence of

personality disorder according to Structured Clinical Interview for DSM-IV Axis II Disorders (SCID-II) physical illness or medical conditions underlying depression; suicidal ideations; substance abusing.

Age
From **18 years** old to **30 years** old

Gender
Both

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **41**

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
Shahid Chamran University of Ahvaz

Street address
Ahvaz, Golestan BLV, Shahid Chamran University of Ahvaz, Faculty of Educational Science and Psychology, Department of Clinical Psychology

City
Ahvaz

Postal code
1464785581

Approval date
2011-11-21, 1390/08/30

Ethics committee reference number
181 / 3 / پ ت

Health conditions studied

1

Description of health condition studied
Depression and Anxiety

ICD-10 code
F32, F40,

ICD-10 code description
Depressive episode, Phobic anxiety disorders, Other anxiety disorders

Primary outcomes

1

Description
Depression

Timepoint
Pretest, Posttest, Follow up

Method of measurement
Beck Depression Inventory

2

Description
Anxiety

Timepoint
Pretest, Posttest, Follow up

Method of measurement
Beck Anxiety Inventory

3

Description
Cognitive emotion regulation strategies

Timepoint
Pretest, Posttest, Follow up

Method of measurement
Cognitive Emotion Regulation Questionnaire (CERQ)

Secondary outcomes

empty

Intervention groups

1

Description
Carrying out 8 sessions of group Behavioral Activation therapy that executed weekly and 90 minutes.Behavioral Activation adapted from Dimidjian,Martell, Addis, & Herman-Dunn (2008) and Martell, Dimidjian, & Herman-Dunn (2010) protocols.

Category
Behavior

2

Description
Carrying out 8 sessions of Metacognitive Therapy that executed weekly and 90 minutes. Metacognitive Therapy conducted according to Metacognitive Therapy for anxiety and depressive disorders manual (Wells, 2009).

Category
Treatment - Other

3

Description
Control Group (without intervention)

Category
Other

Recruitment centers

1

Recruitment center
Name of recruitment center
Behavioral Sciences Research Center - Ahvaz
Full name of responsible person
Iran Davoudi Ph.D (assisstant professor)
Street address
Ahvaz, Shahid Chamran University of Ahvaz
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Sponsors / Funding sources

1

Sponsor
Name of organization / entity
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Full name of responsible person
Iran Davoudi Ph.D
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City
Ahvaz
Grant name
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
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
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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