

Clinical Trial Protocol

Iranian Registry of Clinical Trials

28 Jun 2026

Comparative efficacy of mindfulness-based cognitive therapy and behavioral activation treatment for depression on the quality of life and suicidal thought in depressed patients

Protocol summary

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Summary

This study compared the effectiveness of Mindfulness-based therapy and behavioral activation therapy for depression on quality of life with depressed and suicidal idea. This study was part of a pilot project between the mixed analysis of variance - were used through → subject., In this study, students who earn a minimum score of 20 on the Beck Depression. The sample was selected as the second group Mindfulness-based cognitive therapy and behavioral activation therapy groups. Step 8 During the test, measurements were carried out in four stages: pre-test, four weeks, post-test and follow-up.

Recruitment status

Recruitment complete

Funding source

Islamic Azad University of Malayer Branch

Expected recruitment start date

2012-10-22, 1391/08/01

Expected recruitment end date

2012-12-21, 1391/10/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2013091214638N1**

Registration date: **2013-11-23, 1392/09/02**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2013-11-23, 1392/09/02

Registrant information

Name

Davood Jafari

Name of organization / entity

Azad university

Country

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Phone

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Email address

Scientific title

Comparative efficacy of mindfulness-based cognitive therapy and behavioral activation treatment for depression on the quality of life and suicidal thought in depressed patients

Public title

Mindfulness-based treatment of depression and behavioral activation treatments for depression in depressed patients

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria: Students who scored at least 20 on the Beck test , students on clinical interviews with dysthymic symptoms ; Exclusion criteria: : Students who uses drugs, students who has attempted suicide.

Age

From **18 years** old to **35 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: 34

Randomization (investigator's opinion)

Randomized

Randomization description**Blinding (investigator's opinion)**

Not blinded

Blinding description**Placebo**

Used

Assignment

Parallel

Other design features**Secondary Ids**

empty

Ethics committees**1****Ethics committee****Name of ethics committee**

Azad university

Street address

Islamic Azad University of Malayer Branch

City

Malayer

Postal code

009865135485

Approval date

2012-09-22, 1391/07/01

Ethics committee reference number

2424/24

Health conditions studied**1****Description of health condition studied**

Dysthymia

ICD-10 code

F34.1

ICD-10 code description

A chronic depression of mood, lasting at least several years, which is not sufficiently severe, or in which individual episodes are not sufficiently prolonged, to justify a diagnosis of severe, moderate, or mild recurrent depressive disorder (F33.-).

Primary outcomes**1****Description**

Quality of Life

Timepoint

Before the experiment, four weeks, after the intervention and follow-up 2 months

Method of measurement

Beck Depression Inventory - Version 2

2**Description**

Suicide thinking

Timepoint

Before the experiment, four weeks, after the intervention and follow-up 2 months

Method of measurement

Beck's Scale for suicidal ideation

Secondary outcomes**1****Description**

suicid thinking

Timepoint

October to December

Method of measurement

Beck's Scale for suicidal ideation (BSSI)

Intervention groups**1****Description**

Mindfulness-based cognitive therapy intervention that was performed for 8 sessions of training the mind is depressed by exposure and how to correct the minds of the depressed construction the learning was the meeting to homework. Measurements were taken 4 times

Category

Behavior

2**Description**

The second intervention was that behavioral activation therapy for depression was performed for 8 sessions. Positive reinforcement training to teach people how to get. It taught people how to activate and enhance social skills and in the end will give them homework

Category

Treatment - Drugs

Recruitment centers**1****Recruitment center****Name of recruitment center**

Mlalyer Azad University

Full name of responsible person

Davood jafari

Street address

Mlalyer Azad University

City

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Islamic Azad University

Full name of responsible person

Jafar iDavood

Street address

Islamic Azad University of Malayer Branch

City

Malayer

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Islamic Azad University

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

Islamic Azad University of Malayer Branch

Full name of responsible person

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Position

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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