

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

04 Jul 2026

### Comparison of Group Metacognitive Therapy and Group Training Life Skills in Depression, Metacognitive beliefs, Rumination Response Styles and Quality of Life in Divorced Female.

#### Protocol summary

##### Summary

Objectives: The purpose of this study was to investigate the efficacy of group metacognitive therapy in comparison with group life skills training on depression, metacognitive beliefs, rumination response styles, quality of life, clinical satisfaction and clinical global impressions in divorced female. Design: subjects were 24 people including 12 women considered as experimental group and 12 women assigned as control group. Setting and conduct: Twice of instruments were employed to collect data: Prior to the experiment, Beck Depression Inventory, World Health Quality of Life- BREF, Metacognations Questionnaires and Rumination Response Scale as well as Clinical Satisfaction Questionnaire and Clinical Global Impressions at the end of the study. Inclusion criteria: The subjects were chosen from those who did not receive any therapy at least from one month before the study; the patients were volunteers to participate; the minimum education level was sixth; between 18 and 50 years old. Exclusion criteria: Patients with other psychological disorders in I axis; psychotic symptoms; dependence and substance abuse. Intervention: The patients assigned to metacognitive therapy provided with treatment for 8 sessions and those in grouped life skill training provided with treatment for 8 sessions.

#### General information

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT2013121115754N1**

Registration date: **2014-02-06, 1392/11/17**

Registration timing: **retrospective**

Last update:

Update count: **0**

##### Registration date

2014-02-06, 1392/11/17

##### Registrant information

###### Name

Zohreh Razavizadeh

###### Name of organization / entity

Islamic Azad University of Torbat jam

###### Country

Iran (Islamic Republic of)

###### Phone

+98 58 4225 1275

###### Email address

h.shareh@hsu.ac.ir

##### Recruitment status

###### Recruitment complete

##### Funding source

Investigator

##### Expected recruitment start date

2012-10-01, 1391/07/10

##### Expected recruitment end date

2013-01-19, 1391/10/30

##### Actual recruitment start date

empty

##### Actual recruitment end date

empty

##### Trial completion date

empty

##### Scientific title

Comparison of Group Metacognitive Therapy and Group Training Life Skills in Depression, Metacognitive beliefs, Rumination Response Styles and Quality of Life in Divorced Female.

##### Public title

Comparison of Group Metacognitive Therapy and Group Training Life Skills in Depression, Metacognitive beliefs,

Rumination Response Styles and Quality of Life in Divorced Female.

### **Purpose**

Treatment

### **Inclusion/Exclusion criteria**

Inclusion criteria: The subjects were chosen from those who did not receive any therapy at least from one month before the study; the patients were volunteers to participate; the minimum education level was sixth; between 18 and 50 years old. Exclusion criteria: Patients with other psychological disorders in I axis; psychotic symptoms; dependence and substance abuse.

### **Age**

From **18 years** old to **50 years** old

### **Gender**

Female

### **Phase**

2

### **Groups that have been masked**

*No information*

### **Sample size**

Target sample size: **24**

### **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**

Moral Committee of Islamic Azad University of Torbate jam.

##### **Street address**

7 km to Torbat jam, Mashhad road.

##### **City**

Torbate jam

##### **Postal code**

957719-9

##### **Approval date**

2012-09-16, 1391/06/26

##### **Ethics committee reference number**

11820701911001

## **Health conditions studied**

### 1

#### **Description of health condition studied**

depression

#### **ICD-10 code**

f32.1

#### **ICD-10 code description**

Four or more of the above symptoms are usually present and the patient is likely to have great difficulty in continuing with ordinary activities. In typical mild, moderate, or severe depressive episodes, the patient suffers from lowering of mood, reducti

## **Primary outcomes**

### 1

#### **Description**

depression

#### **Timepoint**

pre-test, post test, 3 month Follow-up

#### **Method of measurement**

BDI-II( beck- depression inventory- 2th edition)

### 2

#### **Description**

quality of life

#### **Timepoint**

pre-test, post test, 3 month Follow-up

#### **Method of measurement**

World Health Organization Quality of Life (WHOQOL-BREF)

### 3

#### **Description**

Metacognitive Beliefs

#### **Timepoint**

pre-test, post test, 3 month Follow-up

#### **Method of measurement**

Metacognitions Questionnaire-30( MCQ-30)

### 4

#### **Description**

Rumination Response Style

#### **Timepoint**

pre-test, post test, 3 month Follow-up

#### **Method of measurement**

Rumination Response Scale( RRS)

## **Secondary outcomes**

### 1

#### **Description**

clinical impressions

#### **Timepoint**

post test

#### **Method of measurement**

Clinical Global Impressions( CGI)

## 2

### **Description**

clinical satisfaction

### **Timepoint**

post test

### **Method of measurement**

Clinical Satisfaction Questionnaire( CSQ)

## **Intervention groups**

### 1

### **Description**

Group Metacognitive Therapy - 8 weeks session one session in each week( 8 sessions). Each session 90-120 minutes.

### **Category**

Other

### 2

### **Description**

life skills training -8 weeks session one session in each week. Each session 90-120 minutes.

### **Category**

Lifestyle

## **Recruitment centers**

### 1

### **Recruitment center**

#### **Name of recruitment center**

Taranome Zendegi Cilinic

#### **Full name of responsible person**

Zahra Headari

#### **Street address**

Ranjbar street, between Mokhberat and Amiriyeh intersection, Bojnord

#### **City**

Bojnord

## **Sponsors / Funding sources**

### 1

### **Sponsor**

#### **Name of organization / entity**

Islamic Azad University of Torbat jam

#### **Full name of responsible person**

Vice chancellor for research Dr. Mohamad Reza Khaleghi. University of Islamic Azad of Torbat jam

#### **Street address**

7 km to Torbat jam, Mashhad road.

#### **City**

Torbat jam

### **Grant name**

### **Grant code / Reference number**

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

Yes

### **Title of funding source**

Islamic Azad University of Torbat jam

### **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 Torbat jam.

#### **Full name of responsible person**

Zohreh Razavizadeh

#### **Position**

Master of art cadidate.

#### **Other areas of specialty/work**

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## **Person responsible for scientific inquiries**

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Master of art candidate.

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## Person responsible for updating data

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**Web page address**

<http://www.hsu.ac.ir/>

## 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*