Clinical Trial Protocol
Iranian Registry of Clinical Trials

17 Sep 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)

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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

Metacognative 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 Questionnire(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
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Person responsible for updating data

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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