Clinical Trial Protocol
Iranian Registry of Clinical Trials

19 Sep 2026

Efficacy of cognitive behavioral group therapy on depression, anxiety and self-esteem of patients with bipolar disorder type I

Protocol summary

Summary

The Purpose of Study: Efficacy of cognitive behavioral group therapy on depression, anxiety and self-esteem of patients with bipolar disorder type I؛Inclusion criteria: Diagnosing bipolar disorder type 1 according to DSM-IV-TR؛ Age of 20 to 60.Satisfaction for including treatment؛Exclusion criteria: Study Society were selected among patients with bipolar I disorder, admitted in Ibn-e-Sina hospital because of acute phase and stabilized with medications In 1391.30 participants were selected based on convenient sampling and randomly allocated in two equal-size groups of intervention vs. control. Intervention group were under 10 sessions of a protocol based cognitive behavioral group therapy, while participants in control group were under 10 sessions of an unstructured supportive group with neither skill nor cognitive behavioral training.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2015080518937N2**
Registration date: **2016-06-21, 1395/04/01**
Registration timing: **retrospective**

Last update:
Update count: **0**

Registration date

2016-06-21, 1395/04/01

Registrant information

Name
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Name of organization / entity
Islamic Azad University Torbatejam
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Iran (Islamic Republic of)
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vjafarnia@yahoo.com

Recruitment status

Recruitment complete

Funding source
Mashhad University of Medical Sciences

Expected recruitment start date

2012-03-20, 1391/01/01

Expected recruitment end date

2012-09-09, 1391/06/19

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Efficacy of cognitive behavioral group therapy on depression, anxiety and self-esteem of patients with bipolar disorder type I

Public title

Cognitive behavioral group therapy on depression, anxiety and self-esteem

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria:Diagnosing bipolar disorder type 1 according to DSM-IV-TR؛ improving from critical phase according to clinical interview and Beck depression exam and Mania exam of Yung؛ Age of 20 to 60.Satisfaction for including treatment؛ Exclusion criteria:Accompanying with missus of drug؛Other Serious Psychological illnesses؛ Mental Retardation؛ Other Psychological Treatment during the intervention.

Age

From **20 years** old to **60 years** old

Gender
Male

Phase
N/A
Groups that have been masked
No information
Sample size
Target sample size: **30**
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 torbat-e- jam
Street address
Km 5 of torbat-e- jam road
City
torbat-e- jam
Postal code
Approval date
2011-09-23, 1390/07/01
Ethics committee reference number
11820701901013

Health conditions studied

1

Description of health condition studied
Bipolar
ICD-10 code
F31.0
ICD-10 code description
Bipolar affective disorder, current episode hypomanic

Primary outcomes

1

Description
Depression
Timepoint
One week before intervention-the end point of intervention-one month after the end of intervention; Two and six months after intervention
Method of measurement
Beck exam

2

Description
Anxiety
Timepoint
One week before intervention-the end point of intervention-one month after the end of intervention; Two and six months after intervention
Method of measurement
Beck exam

Secondary outcomes

1

Description
Self-Confidence
Timepoint
One week before intervention-the end point of intervention-one month after the end of intervention; Two and six months after intervention
Method of measurement
Izang Exam

Intervention groups

1

Description
The experimental group received cognitive and behavioral education during 9 sessions 90 minutes.
Category
Behavior

2

Description
The control group received life skills education during 8 sessions.
Category
Lifestyle

Recruitment centers

1

Recruitment center
Name of recruitment center
Ibn-e-Sina Hospital
Full name of responsible person
Hamid Seifi
Street address
City
Mashhad

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Azad University of Torbat-e-jam
Full name of responsible person
MohammadHosein Bayyazi
Street address
Km 5 of torbat-e- jam road
City
Torbat-e-jam
Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
Azad University of Torbat-e-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
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Expert
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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