

Clinical Trial Protocol

Iranian Registry of Clinical Trials

05 Aug 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

hamid seifi

Name of organization / entity

Islamic Azad University Torbatejam

Country

Iran (Islamic Republic of)

Phone

+98 51 3365 5347

Email address

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

TimepointOne 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

TimepointOne 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

Mashhad University of Medical Sciences

Full name of responsible person

Hamid Seifi

Position

Expert

Other areas of specialty/work

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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