Clinical Trial Protocol
Iranian Registry of Clinical Trials

16 Sep 2026

Effectiveness and Comparison of cognitive-behavioral therapy and Hope therapy for anxiety and depression in Student at Shahrekord University of Medical Sciences

Protocol summary

Summary

The aim of this study was investigating and comparing the effectiveness of two methods of cognitive behavior and Hope Therapy on anxiety and depression in students. Inclusion criteria in study include: student; female; having problem of anxiety and depression. Exclusion criteria include: use psychological drugs for anxiety and depression; simultaneous another psychiatric interventions. the population of study comprised of female students in Shahrekord University. They were initially screen, and 45 participants were given a diagnosis of anxiety and depression were selected and randomly assigned to three groups of Hope therapy, cognitive therapy, and control group (15 individual in each group). The experimental groups received 12 sessions (one session, 90 min) of hope therapy and cognitive behavior therapy. All subjects in the same condition in three stages: pre, post, and three-month follow-up were assessed. The primary outcomes of the study include :anxiety score and depression score.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2014110919872N1**
Registration date: **2015-01-10, 1393/10/20**
Registration timing: **retrospective**

Last update:
Update count: **0**

Registration date

2015-01-10, 1393/10/20

Registrant information

Name

Maryam Molaei

Name of organization / entity

Islamic Azad University of Shahrekord

Country

Iran (Islamic Republic of)

Phone

+98 38 1334 7532

Email address

molaei@skums.ac.ir

Recruitment status

Recruitment complete

Funding source

Shahrekord University of Medical Sciences_ Islamic Azad University of Shahrekord.

Expected recruitment start date

2013-11-22, 1392/09/01

Expected recruitment end date

2013-12-19, 1392/09/28

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effectiveness and Comparison of cognitive-behavioral therapy and Hope therapy for anxiety and depression in Student at Shahrekord University of Medical Sciences

Public title

Effectiveness of cognitive-behavioral therapy and Hope therapy for anxiety and depression

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria: being student; Female; Having problem of anxiety and depression. Exclusion criteria: use psychological drugs for anxiety and depression;

simultaneous another psychiatric interventions.

Age
From **18 years** old to **27 years** old

Gender
Female

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **45**

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
Islamic Azad University of Shahrekord

Street address
Rahmatieh St, Islamic Azad University of Shahrekord,

City
Shahrekord

Postal code
8888888888

Approval date
2014-04-26, 1393/02/06

Ethics committee reference number
1490

Health conditions studied

1

Description of health condition studied
Anxiety and Depression

ICD-10 code
f30

ICD-10 code description
Mood [affective] disorders

Primary outcomes

1

Description
Anxiety and Depression score

Timepoint
Pre-test and post-test and 3 months after intervention

Method of measurement
Anxiety and depression subscales of the questionnaire scl90-r

Secondary outcomes

empty

Intervention groups

1

Description
First group: The experimental group received 12 sessions (one session, 90 min) of cognitive behavior Therapy.

Category
Treatment - Other

2

Description
Second group:: The experimental group received 12 sessions (one session, 90 min) of Hope Therapy.

Category
Treatment - Other

3

Description
Control Group except in the pre - post test and follow-up not present in any intervention.

Category
Other

Recruitment centers

1

Recruitment center

Name of recruitment center
Shakrekord University of Medical Sciences

Full name of responsible person
Maryam Molaei

Street address
Rahmatieh St, Shakrekord University of Medical Sciences.

City
shakrekor

Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Islamic Azad University of Shahrekord

Full name of responsible person
Vice Chancellor for Research(Mahdi Raissy)

Street address

Rahmatieh St ,Vice Chancellor for Research ,Islamic Azad University of Shahrekord

City

Shahrekord

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 Shahrekord

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 Shahrekord

Full name of responsible person

Maryam Molaei

Position

MA in Psychology

Other areas of specialty/work

Street address

Rahmatieh st, Vice Chancellor for student, Shahrekord University of Medical Sciences.

City

Shahrekord

Postal code

Phone

+98 38 3334 7532

Fax

Email

Maryam.mo62@gmail.commolaei@skums.ac.ir

Web page address

Person responsible for scientific inquiries

Contact

Name of organization / entity

Islamic Azad University of Shahrekord

Full name of responsible person

Maryam Molaei

Position

MA

Other areas of specialty/work

Street address

Rahmatieh st, Vice Chancellor for student, Shahrekord University of Medical Sciences.

City

Shahrekord

Postal code

Phone

+98 33347532

Fax

Email

Molaei@skums.ac.irMaryam.mo62@gmail.com

Web page address

Person responsible for updating data

Contact

Name of organization / entity

Shakrekor University of Medical Sciences

Full name of responsible person

Maryam Molaei

Position

MA in Psychology

Other areas of specialty/work

Street address

Rahmatieh st, Vice Chancellor for student, Shahrekord University of Medical Sciences.

City

Shakrekor

Postal code

Phone

+98 38 3334 7532

Fax

Email

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