Clinical Trial Protocol
Iranian Registry of Clinical Trials

07 Nov 2026

The Effectiveness of Group Metacognitive Therapy on Defense Mechanisms, Resiliency and Self Efficacy of Females with Multiple Sclerosis

Protocol summary

Summary

Objective: This study aims to investigate the effectiveness of cognitive group therapy in cognitive components, resilience, self-efficacy and defensive styles of females with multiple sclerosis. Design: This research is a quasi-experimental study with a pretest-posttest control group design accompanied by a two-step follow-up procedure. Of all the patients with multiple sclerosis referring to the MS Society of Khorasan-e- Razavi in 2014, 30 individuals were selected through available sampling method and were randomly assigned to two experimental and control groups. Implementation: The experimental group underwent metacognitive therapy during 8 weeks while the control group followed the ordinary course of the sessions provided by the MS Society. Metacognition questionnaire-30 (MCQ-30), Connor and Davidson Resilience Scale (CD-RISC), Sherer General Self-Efficacy Scale and Defense Style Questionnaire (DSQ) were used in the pretest, posttest and follow-ups. Inclusion criteria consisted of the following: The final diagnosis of developing MS by the neurologist, signing a written consent form to participate in the study, having at least a diploma and achieving scores 1 to 4 in EDSS diagnosed by the neurologist. Exclusion criteria were as follows: Receiving psychological treatments at least one month prior to entering the study, a history of metabolic diseases like thyroid and absence of more than two sessions. Interventions: The experimental group underwent metacognitive therapy during 8 weeks while the control group followed the ordinary course of the MS Society sessions. Metacognition questionnaire-30 (MCQ-30), Connor and Davidson Resilience Scale (CD-RISC), Sherer General Self-efficacy Scale and Defense Style Questionnaire (DSQ) were applied in the pretest, posttest and follow-ups. The main outcome variables: Cognitive components, resilience, self-efficacy, defensive styles

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2015091624054N1**
Registration date: **2015-12-11, 1394/09/20**
Registration timing: **retrospective**

Last update:
Update count: **0**

Registration date

2015-12-11, 1394/09/20

Registrant information

Name
Elahe Asgharkhah
Name of organization / entity
Islamic Azad University of Neyshabur
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Recruitment status

Recruitment complete

Funding source

Investigator

Expected recruitment start date

2014-09-23, 1393/07/01

Expected recruitment end date

2015-10-23, 1394/08/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title
The Effectiveness of Group Metacognitive Therapy on Defense Mechanisms, Resiliency and Self Efficacy of Females with Multiple Sclerosis

Public title
The Effect Metacognitive Therapy on patient with Multiple Sclerosis

Purpose
Treatment

Inclusion/Exclusion criteria
Main inclusion and exclusion criteria: Inclusion criteria: The final diagnosis of developing MS by the neurologist, signing a written consent form to participate in the study, having at least a diploma and achieving scores 1 to 4 in EDSS diagnosed by the neurologist. Exclusion criteria: Receiving psychological treatments at least six month prior to entering the study, a history of metabolic diseases like thyroid and absence of more than two sessions.

Age
From **30 years** old to **40 years** old

Gender
Female

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
Not used

Assignment
Parallel

Other design features
Of all the patients with multiple sclerosis referring to the MS Society of Khorasan-e- Razavi in 2014, 30 individuals were selected through available sampling method and were randomly(Using a table of random numbers) assigned to two experimental and control groups.

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee
Ethics committee of Azad University of Neyshabur

Street address
Complex of Islamic Azad University of Neyshabur, Pazhouhesh Street, Neyshabur Branch, Khorasan e Razavi, Iran

City
Neyshabur

Postal code

Approval date
2014-08-16, 1393/05/25

Ethics committee reference number
23420701922036

Health conditions studied

1

Description of health condition studied
Multiple SCLEROSIS

ICD-10 code
G35-G37

ICD-10 code description
Demyelinating diseases of the central nervous system

Primary outcomes

1

Description
Metacognitive Components

Timepoint
pre test, Post test, two-step follow-up

Method of measurement
Metacognition Questionnaire -30 (MCQ-30)

2

Description
Resiliency

Timepoint
pre test, Post test, two-step follow-up

Method of measurement
Connor and Davidson Resilience Scale (CD-RISC)

3

Description
Self-Efficacy

Timepoint
pre test, Post test, two-step follow-up

Method of measurement
General Self-Efficacy Questionnaire

4

Description
Defense Mechanisms

Timepoint
pre test, Post test, two-step follow-up

Method of measurement
Defense Styles Questionnaire (DSQ)

Secondary outcomes

empty

Intervention groups

1

Description
The experimental group received metacognitive therapy for eight weeks
Category
Behavior

2

Description
the control group spent the routine process of the sessions held by the MS Society.
Category
Treatment - Drugs

Recruitment centers

1

Recruitment center
Name of recruitment center
MS Society in Khorasan-e- Razavi
Full name of responsible person
Docter Hossein Shareh
Street address
Unit 3, Negin building, Aref Avenue, Ahmadabad Street, Mashhad Khorasan-e- Razavi, Islamic Republic Of Iran
City
Mashhad

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Investigator
Full name of responsible person
elahe asgharkhah
Street address
Khorasan-e- Razavi
City
Mashhad
Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
Investigator
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

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Position
MA student in clinical psychology

Other areas of specialty/work

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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