

Clinical Trial Protocol

Iranian Registry of Clinical Trials

25 Jun 2026

The effectiveness of group aerobic exercise on depressed students' cognitive change process comparing with cases without intervention

Protocol summary

Registration timing: **registered_while_recruiting**

Summary

This study is a structural equation modeling; the study sample includes 37 clinically depressed students of Kermanshah University of Medical Science in the academic year 2013-2014. Subsequent to the structured interview, participants sign a statement of informed consent informing them of their freedom to withdraw at any time. Inclusion criteria: Depression score in the BDI-II between 14 and 28 and diagnosed depressive disorder based on the Diagnostic Interview Exclusion criteria: 1. Other disorders in the axis 1. 2. Suicidal thought or severe depression. 3. At the same time, receiving psychiatric treatment or psychotherapy. Participants were randomly allocated to two groups (by Drawing), an experimental and a control group. Before engaging in therapy, we assesses depression (BDI), negative automatic thoughts (ATQ), dysfunctional attitudes (DAS), and early maladaptive schema scores, and then the experimental groups receive eight sessions of aerobic exercise (three times a week), and the control group receive no treatment. At the end of the treatment, once again we assess experimental and control groups. The general objective of this study is to determine the effectiveness of group aerobic exercise on depressed students' cognitive change process. Specific objectives include: 1. Determining the effectiveness of group aerobic exercise on depression. 2. Determining the effectiveness of group aerobic exercise on the negative automatic thoughts. 3. Determining the effectiveness of group aerobic exercise on dysfunctional assumptions. 4. Cognitive models for the effect of aerobic exercise on depression.

Last update:

Update count: **0**

Registration date

2015-11-26, 1394/09/05

Registrant information

Name

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Name of organization / entity

Kermanshah University Of Medical Science

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Recruitment status

Recruitment complete

Funding source

Research proposal of Kermanshah University of Medical Sciences

Expected recruitment start date

2015-09-23, 1394/07/01

Expected recruitment end date

2016-12-21, 1395/10/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effectiveness of group aerobic exercise on depressed students' cognitive change process comparing with cases without intervention

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2015093024282N1**

Registration date: **2015-11-26, 1394/09/05**

Public title

The effectiveness of group aerobic exercise on depressed students' cognitive change process

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria: Depression score in the BDI-II between 14 and 28 and diagnosed depressive disorder based on the Diagnostic Interview. Exclusion criteria: 1. Other disorders in the axis 1. 2. Suicidal thought or severe depression. 3. At the same time, receiving psychiatric treatment or psychotherapy.

Age

From **18 years** old to **30 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **37**

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

Ethics committee of Kermanshah University of Medical Sciences

Street address

Shahid Beheshti "Blvd.", Building "No."2, Kermanshah University of Medical Sciences.

City

kermanshah

Postal code

6714673159

Approval date

2015-10-20, 1394/07/28

Ethics committee reference number

KUMS.REC.1394.130

Health conditions studied

1

Description of health condition studied

Depression

ICD-10 code

F32.1, F32

ICD-10 code description

Mild depressive episode: Two or three of the above symptoms are usually present. The patient is usually distressed by these, but will probably be able to continue with most activities. Moderate depressive episode: Four or more of the above symptoms are us

Primary outcomes

1

Description

Cognitive change process in depressed students

Timepoint

Before and after intervention

Method of measurement

Dysfunctional attitudes questionnaire, and automatic thoughts questionnaire

2

Description

Depression

Timepoint

Before and after intervention

Method of measurement

Beck Depression Inventory (BDI-II)

3

Description

Early maladaptive schema

Timepoint

Before and after intervention

Method of measurement

Early maladaptive schema questionnaire

Secondary outcomes

empty

Intervention groups

1

Description

1. The experimental groups receive eight sessions of aerobic exercise (three times a week) Each exercise session consisted of the following: Before starting, carotid or wrist pulse is measure and record. Exercise starts with warm-up exercises, stretching, and primary breathing. The movements of the head and neck or legs start normally, this phase lasted 10 minutes; and then the movements are conducts with moderate intensity (60% - 80% heart rate). This step is along with faster movements of hands and feet separately and one-sided, bilateral and cross the legs movements. At this stage,

the carotid or wrist pulse is measure and record which lasts 30-35 minutes. The last phase is cool down; the movement is done with less intensity which lasted about 10-15 minutes.

Category

Behavior

2

Description

2. The control group receive no treatment

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center

Department of physical education

Full name of responsible person

Ahmad Mazahri

Street address

Department of physical education, Shahid Beheshti, Kermanshah

City

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Vice chancellor for research, Kermanshah University of Medical Sciences

Full name of responsible person

Behroz Hamzei

Street address

Research and technology deputy, Shahid Beheshti "Blvd.", Kermanshah

City

kermanshah

Grant name

Grant code / Reference number

Is the source of funding the same sponsor organization/entity?

Yes

Title of funding source

Vice chancellor for research, Kermanshah University of Medical Sciences

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

Kermanshah University Of Medical Science

Full name of responsible person

Aliakbar Parvizifard

Position

Assistant professor

Other areas of specialty/work

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Person responsible for scientific inquiries

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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