Clinical Trial Protocol
Iranian Registry of Clinical Trials

10 Nov 2026

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

Protocol summary

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.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2015093024282N1**
Registration date: **2015-11-26, 1394/09/05**
Registration timing: **registered_while_recruiting**

Last update:
Update count: **0**

Registration date

2015-11-26, 1394/09/05

Registrant information

Name
Arash Parsa Moghadam
Name of organization / entity
Kermanshah University Of Medical Science
Country
Iran (Islamic Republic of)
Phone
+98 83 3835 0177
Email address
a.parsa@kums.ac.ir

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

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

kermanshah

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

Street address

Dep. of clinical psychology, school of medicine, Shahid Shiroudi "Blvd."

City

kermanshah

Postal code

Phone

+98 918 330 8692

Fax

Email

aliakbar.parvizifard@gmail.com

Web page address

Person responsible for scientific inquiries

Contact

Name of organization / entity

Kermanshah University Of Medical Science

Full name of responsible person

Khirollah Sadeghi

Position

ph.d of clinical psychology

Other areas of specialty/work

Street address

Dep. of clinical psychology, school of medicine, Shahid Shiroudi

City

kermanshah

Postal code

Phone

+98 912 210 3544

Fax

Email

kh.sadeghi@kums.ac.ir

Web page address

Person responsible for updating data

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

Street address

Dep. of clinical psychology, school of medicine, Shahid Shiroudi "Blvd."

City
kermanshah
Postal code
Phone
+98 918 330 8692
Fax
Email
aliakbar.parvizifard@gmail.com
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