Clinical Trial Protocol
Iranian Registry of Clinical Trials

16 Sep 2026

Evaluation efficacy of cognitive - behavioral group therapy of Zanjan of Medical Sciences students’ academic procrastination and their metacognition beliefs.

Protocol summary

Summary

Objectives: Evaluate the effectiveness of cognitive-behavioral group therapy on cognitive beliefs and academic procrastination students of medical sciences. Study design: Intervention, randomly allocated to intervention and control groups, not blind, non-placebo The method of the study include: A study population: 3,500 students will be Zanjan University of Medical Sciences Major criteria inclusion: an above-average score procrastination; complete satisfaction volunteered to participate in the plan; lack of schizophrenia and addiction Major criteria exclusion: a score lower than average procrastination, having schizophrenia and addiction; cognitive-behavioral group therapy session in the absence of more than two; having severe anxiety disorders and depression. (B) Intervention or interventions studied in this research for cognitive - behavioral therapy protocol procrastination of cognitive - behavioral therapy Salsmn and Nathan (2008) will be used. (C) Intervention: it will take two months. 7 days a week for about 90 minutes. (D) The primary outcome or consequences of the study: outcome of cognitive-behavioral group therapy on the efficacy of Academic Procrastination and students' metacognitive beliefs of Medical Sciences, Zanjan.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2016042327545N1**
Registration date: **2016-07-31, 1395/05/10**
Registration timing: **retrospective**

Last update:
Update count: **0**

Registration date

2016-07-31, 1395/05/10

Registrant information

Name
Jahangir Mohammadi Baytamar

Name of organization / entity
Zanjan University of Medical Sciences

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Iran (Islamic Republic of)

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Recruitment status
Recruitment complete

Funding source
Vice chancellor for research, Zanjan University of Medical Sciences

Expected recruitment start date
2016-05-31, 1395/03/11

Expected recruitment end date
2016-07-01, 1395/04/11

Actual recruitment start date
empty

Actual recruitment end date
empty

Trial completion date
empty

Scientific title
Evaluation efficacy of cognitive - behavioral group therapy of Zanjan of Medical Sciences students’ academic procrastination and their metacognition beliefs.

Public title
efficacy of cognitive - behavioral group therapy of academic procrastination and metacognition beliefs.

Purpose
Treatment
Inclusion/Exclusion criteria
Inclusion major conditions: an above-average score procrastination; complete satisfaction volunteered to participate in the plan; lack of schizophrenia and addiction Exclusion major conditions: the procrastination of score lower than average; it schizophrenia and addiction; cognitive-behavioral group therapy session in the absence of more than two; having severe anxiety disorders and depression.
Age
From **18 years** old to **35 years** old
Gender
Both

Phase
2-3
Groups that have been masked
No information
Sample size
Target sample size: **36**
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
Zanjan University of Medical Sciences Ethics Committee
Street address
Zanjan University Of Medical Sience, Azadi Blvd, Zanjan
City
Zanjan
Postal code
4515613191
Approval date
2016-05-31, 1395/03/11
Ethics committee reference number
ZUMS.REC.1395.66

Health conditions studied

1

Description of health condition studied
procrastination
ICD-10 code
ICD-10 code description

Primary outcomes

1

Description
Procrastination
Timepoint
Pretest, Posttest and Fallow up after 1 month
Method of measurement
Inventory academic procrastination

Secondary outcomes

1

Description
Metacognition beliefs
Timepoint
Pre test, Post test and Fallow up1 month
Method of measurement
Metacognitive beliefs questionnaire

Intervention groups

1

Description
No action will be the control group and intervention therapy will not be executed.
Category
N/A

2

Description
Implementation of cognitive - behavioral therapy group using the protocol Salsmn and Nathan procrastination for seven 90-minute sessions on the experimental group.
Category
Other

Recruitment centers

1

Recruitment center
Name of recruitment center
Zanjan University of Medical Sciences
Full name of responsible person
Saeede Zenoozian(Phd)
Street address
Zanjan University of Medical Sciences, Azadi Blvd, Zanjan
City
Zanjan

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Vice chancellor for research, Zanjan University of Medical Sciences
Full name of responsible person
Soghrat Faghihzade
Street address
Zanjan University of Medical Sciences, Azadi Blvd, Zanjan.
City
Zanjan
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, Zanjan 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
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Position
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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