

Clinical Trial Protocol

Iranian Registry of Clinical Trials

17 Jun 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

Country

Iran (Islamic Republic of)

Phone

+98 24 3342 4766

Email address

jahanmohammadi@zums.ac.ir

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 Science, 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 Follow up after 1 month

Method of measurement

Inventory academic procrastination

Secondary outcomes

1

Description

Metacognition beliefs

Timepoint

Pre test, Post test and Follow 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**

Zanjan University of Medical Sciences

Full name of responsible person

Saeede zenoozian

Position

Phd

Other areas of specialty/work**Street address**

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Person responsible for scientific inquiries

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Position

M.Sc.candidate in clinical psychology

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Position

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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