

Clinical Trial Protocol

Iranian Registry of Clinical Trials

17 Jul 2026

The efficacy of Group Metacognitive therapy on self-esteem & mental health of the patients suffering from major depression disorder

Protocol summary

Summary

The present research aimed to analyze the efficacy of Metacognitive group therapy (MCT) on self-esteem and Mental Health of those who suffer from Major depressive Disorder (MDD). The study population is MDD patients who refer to Ibn-e-Sina and Ghaem hospital of Mashhad. In a clinical trial, available Sampling method was taken to choose 30 patients randomly allocated in two groups (experiment and Control). Two groups took SSRIs (Citalopram or Sertraline) as standard treatment. Experiment group patients went under MCT Treatment. Eysenck Self-esteem and Mental Health Checklist (MHC) were used in pre-test, post-test and 2-month follow-up as the study instrument.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT201201162611N3**

Registration date: **2012-02-10, 1390/11/21**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2012-02-10, 1390/11/21

Registrant information

Name

Mohammad Reza Fayyazi Bordbar

Name of organization / entity

Psychiatry and Bahavioral Sciences Research Center,
Psychiatry group, Mashhad University of Medical

Country

Iran (Islamic Republic of)

Phone

00985117112721 , 00985117002306

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Recruitment status

Recruitment complete

Funding source

Islamic Azad University Sari Branch

Expected recruitment start date

2011-05-22, 1390/03/01

Expected recruitment end date

2011-10-15, 1390/07/23

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The efficacy of Group Metacognitive therapy on self-esteem & mental health of the patients suffering from major depression disorder

Public title

The efficacy of Group Metacognitive therapy on self-esteem & mental health of the patients suffering from major depression disorder

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion Criteria: Meeting DSM-IV-TR criteria's of MDD; informed consent; Diploma or higher education; No any other psychological therapy at least during the 2 previous years. Exclusion criteria: borderline personality disorder; receiving any other simultaneous psychological intervention; psychosis; drug abuse or dependency.

Age

From **18 years** old to **50 years** old

Gender

Both

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

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Islamic Azad University Sari Branch

Street address

Islamic Azad University Sari Branch, 25 kilometers
sea street

City

Sari

Postal code

Approval date

2010-08-20, 1389/05/29

Ethics committee reference number

25/05/1389

Health conditions studied

1

Description of health condition studied

Major Depressive Disorder

ICD-10 code

F32.2

ICD-10 code description

Severe depressive episode without psychotic symptoms

Primary outcomes

1

Description

Self esteem

Timepoint

Before the intervention, after intervention, 2 months
after of intervention

Method of measurement

Eysenck Self esteem Test

2

Description

Mental health

Timepoint

Before the intervention, after of intervention, 2 months
after of intervention

Method of measurement

Mental health Checklist

Secondary outcomes

empty

Intervention groups

1

Description

Pharmacotherapy (Citalopram: starting dose of 10 mg
and increased to the maximum 40 mg per day, and
sertraline: starting dose 50 mg and increased to a
maximum of 150 mg.)

Category

Treatment - Drugs

2

Description

Metacognitive Group therapy (5 weeks)

Category

Behavior

Recruitment centers

1

Recruitment center

Name of recruitment center

Ibn-e-Sina Hospital

Full name of responsible person

Vahid Farahmand

Street address

Ibn-e-Sina Hospital, Hor-e-Ameli Blvd.

City

Mashhad

2

Recruitment center

Name of recruitment center

Ghaem Hospital

Full name of responsible person

Vahid Farahmand

Street address

Ghaem Hospital, Ahmedabad AV.

City

Mashhad

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Islamic Azad University Sari Branch

Full name of responsible person

Vahid Farahmand

Street address

Islamic Azad University Sari Branch, 25 kilometers
sea street

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Sari

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Islamic Azad University Sari Branch

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

Islamic Azad University Sari Branch

Full name of responsible person

Vahid Farahmand

Position

Master of Clinical psychology

Other areas of specialty/work

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Person responsible for scientific inquiries

Contact

Name of organization / entity

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Full name of responsible person

Mohammad Reza Fayyazi Bordbar

Position

Associate Professor of Psychiatry

Other areas of specialty/work

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Person responsible for updating data

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Associate Professor of Psychiatry

Other areas of specialty/work

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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