Clinical Trial Protocol
Iranian Registry of Clinical Trials

07 Nov 2026

Effect of cognitive-behavioral therapy on depression and life expectancy of students with emotional failure

Protocol summary

Study aim

1. Determine the level of life expectancy before and after the intervention in the test group 2. Determining the level of life expectancy before and after intervention in the control group 3. Determine the level of depression before and after the intervention in the test group 4. Determination of depression level before and after intervention in control group 5. Comparison of life expectancy before and after intervention in the test group 6. Comparison of life expectancy before and after intervention in the control group 7. Comparison of depression level before and after intervention in the experimental group 8. Comparison of depression level before and after intervention in control group 9. Comparison of the level of life expectancy in the control and intervention group before and after the study 10. Comparison of depression level in the control and intervention group before and after the study

Design

The research community of this research will be all students who will go to the advisory center. Accordingly, students who have experienced some kind of emotional failure will be identified from among the students referring to the center (within a 2-month time frame). Then, according to the criteria for entering the research, which is the experience of unsuccessful communication with the opposite sex and diagnosis of depression, based on the Beck Depression Inventory and Despair of Despair, based on the Schneider Despair Questionnaire, there were 20 people who had a depression level and a sense of disappointment over their remaining knowledge The jumpers are higher and will also be more willing to participate in the research. They are then randomly assigned to two groups (10 people) of intervention and control.

Settings and conduct

Dezful University of Medical Sciences

Participants/Inclusion and exclusion criteria

The criterion of entering the research was, in addition to conducting clinical interviews, the existence of two priority diagnosis of depression (based on the Beck questionnaire) and a low level of hope or disappointment (based on Schneider's questionnaire) in the students.

Intervention groups

Educational intervention in this study will be in the cognitive-behavioral approach (CBT) intervention group.

Main outcome variables

Depression and life expectancy

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20170117032023N1**
Registration date: **2017-12-20, 1396/09/29**
Registration timing: **registered_while_recruiting**

Last update: **2017-12-20, 1396/09/29**
Update count: **0**

Registration date

2017-12-20, 1396/09/29

Registrant information

Name

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 61 4323 0999

Email address

madmoli.y@ajums.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2017-10-23, 1396/08/01

Expected recruitment end date
2018-08-26, 1397/06/04
Actual recruitment start date
empty
Actual recruitment end date
empty
Trial completion date
empty

Scientific title
Effect of cognitive-behavioral therapy on depression and life expectancy of students with emotional failure

Public title
Effect of cognitive-behavioral therapy on depression and life expectancy of students with emotional failure
Purpose
Education/Guidance
Inclusion/Exclusion criteria
Inclusion criteria:
Students who come to the counseling center and have experienced emotional failure and are diagnosed with depression and frustration.
Exclusion criteria:
Age
From **19 years** old to **30 years** old
Gender
Male

Phase
N/A
Groups that have been masked
No information
Sample size
Target sample size: **20**
Randomization (investigator's opinion)
N/A
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
Dezful University of Medical Sciences
Street address
Azadeghan blv
City
Dezful
Province
Khouzestan
Postal code
6461665145
Approval date
2017-10-04, 1396/07/12
Ethics committee reference number
IR.DUMS.1396.24

Health conditions studied

1

Description of health condition studied
Emotional failure
ICD-10 code
ICD-10 code description

Primary outcomes

1

Description
Depression
Timepoint
Before and three months after the intervention
Method of measurement
Beck Depression Inventory

2

Description
Life expectancy
Timepoint
Before and three months after the intervention
Method of measurement
Life expectancy questionnaire

Secondary outcomes

empty

Intervention groups

1

Description
Intervention group:
Category
Behavior

Recruitment centers

1

Recruitment center
Name of recruitment center
Dezful University of Medical Sciences
Full name of responsible person
Ahmad Adavi
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Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Dezfoul University of Medical Sciences
Full name of responsible person
aziz kassani
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kassani.aziz@gmail.com
Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
Dezfoul University of Medical Sciences
Proportion provided by this source
100
Public or private sector
Public
Domestic or foreign origin
Domestic
Category of foreign source of funding
empty
Country of origin
Type of organization providing the funding
Academic

Person responsible for general inquiries

Contact
Name of organization / entity
Dezfoul University of Medical Sciences
Full name of responsible person
Ahmad Adavi
Position
Expert Advisor
Latest degree
Master
Other areas of specialty/work
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Person responsible for updating data

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Email
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Sharing plan

Deidentified Individual Participant Data Set (IPD)
Yes - There is a plan to make this available
Study Protocol
Yes - There is a plan to make this available
Statistical Analysis Plan
Not applicable
Informed Consent Form
Undecided - It is not yet known if there will be a plan to make this available
Clinical Study Report
Undecided - It is not yet known if there will be a plan to make this available
Analytic Code
Not applicable
Data Dictionary
Undecided - It is not yet known if there will be a plan to make this available
Title and more details about the data/document

When the data will become available and for how long

To whom data/document is available

Under which criteria data/document could be used

From where data/document is obtainable

What processes are involved for a request to access data/document
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Comments