

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

17 Jun 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**

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**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  
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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**

## Person responsible for scientific inquiries

#### Contact

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## Person responsible for updating data

#### Contact

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Clinical instructor  
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ymadmoli@gmail.com

**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**

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**When the data will become available and for how long**

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**To whom data/document is available**

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**Under which criteria data/document could be used**

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**From where data/document is obtainable**

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

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**Comments**