

Clinical Trial Protocol

Iranian Registry of Clinical Trials

24 Jun 2026

The efficacy of Unified Protocol and transdiagnostic mediator factors in reducing students anxiety and depression

Protocol summary

Summary

Objectives: determine the efficacy of Unified Protocol and transdiagnostic mediator factors in reducing students' anxiety and depression. Study design: Intervention, Random assignment to intervention group and control group, not blinded, without placebo. Method of the study: A) Study population: 350 Zanzan University of Medical Sciences students. Inclusion criteria: Residence in Zanzan while doing research; tending to participate in research and having the cut point in Beck Depression and Anxiety Tests. Exclusion criteria: having previous psychiatry problems; previous history of psychological interventions, especially cognitive-behavioral therapy, over 5 sessions of psychotherapy; missing more than two consecutive sessions in the unified protocol and not attending in one of the three evaluation stages. At first, a sample of 350 students was selected by Convenience Sampling and after initial screening based on the cut point of Beck Depression and Anxiety Tests 32 qualified students was selected and randomly and based on their homogeneity will be divided into two groups of 16 intervention and control. B) Intervention or interventions: In this study, Barlow unified protocol for transdiagnostic treatment will be used. C) Duration of intervention: It will take 6 months. 18 one-hour sessions. D) Initial outcomes and implications of the study: the efficacy of Unified Protocol and transdiagnostic mediator factors in reducing Zanzan University of Medical Sciences students' anxiety and depression.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2017072335245N1**

Registration date: **2017-09-02, 1396/06/11**

Registration timing: **registered_while_recruiting**

Last update:

Update count: **0**

Registration date

2017-09-02, 1396/06/11

Registrant information

Name

Sahel Khakpoor

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 21 2218 0083

Email address

sahelkhakpoor@zums.ac.ir

Recruitment status

Recruitment complete

Funding source

Vice chancellor for research, Zanzan University of Medical Sciences.

Expected recruitment start date

2017-08-23, 1396/06/01

Expected recruitment end date

2017-09-23, 1396/07/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The efficacy of Unified Protocol and transdiagnostic mediator factors in reducing students anxiety and depression

Public title

The efficacy of Unified Protocol in reducing students anxiety and depression

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria: Residence in Zanjan while doing research; tending to participate in research and having the cut point in Beck Depression and Anxiety Tests.

Exclusion criteria: having previous psychiatry problems; previous history of psychological interventions, especially cognitive-behavioral therapy, over 5 sessions of psychotherapy; missing more than two consecutive sessions in the unified protocol and not attending in one of the three evaluation stages.

Age

From **18 years** old to **35 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **32**

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

City

Zanjan

Postal code

Approval date

2017-08-11, 1396/05/20

Ethics committee reference number

ZUMS.REC.1396.143

Health conditions studied

1

Description of health condition studied

Anxiety

ICD-10 code

F41.1

ICD-10 code description

Generalized anxiety disorder

2

Description of health condition studied

Depression

ICD-10 code

F32

ICD-10 code description

Depressive episode

Primary outcomes

1

Description

Anxiety

Timepoint

Pretest, Posttest and Follow up after 2 month

Method of measurement

Beck Anxiety Inventory

2

Description

Depression

Timepoint

Pretest, Posttest and Follow up after 2 month

Method of measurement

Beck Depression Inventory

Secondary outcomes

1

Description

Emotion regulation

Timepoint

Pretest, Posttest and Follow up after 2 month

Method of measurement

Difficulties in Emotion Regulation Scale (DERS)

2

Description

Imbalance of uncertainty

Timepoint

Pretest, Posttest and Follow up after 2 month

Method of measurement

Imbalance of uncertainty Scale (IUS-12)

3

Description

Avoid Experiences

Timepoint

Pretest, Posttest and Follow up after 2 month

Method of measurement

Acceptance and action questionnaire - Second Edition

(AAQ-2)

4

Description

Negative affection

Timepoint

Pretest, Posttest and Follow up after 2 month

Method of measurement

Positive and Negative Affect Scale-Negative Affect (PANAS-NA)

5

Description

Perceived control

Timepoint

Pretest, Posttest and Follow up after 2 month

Method of measurement

Perceived Control Questionnaire

6

Description

Occupational and social performance

Timepoint

Pretest, Posttest and Follow up after 2 month

Method of measurement

Social-Job Adaptation Scale (WSAS)

Intervention groups

1

Description

Barlow unified protocol for transdiagnostic treatment will be used- 18 one-hour sessions on experimental group.

Category

Other

2

Description

No action was not subjected to the control group and intervention.

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center

Zanjan University of Medical Sciences

Full name of responsible person

Omid Saed (PhD)

Street address

Zanjan University of Medical Sciences, Azadi Blvd

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 Faghizade

Street address

Zanjan University of Medical Sciences, Azadi Blvd

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

Omid Saed

Position

PhD

Other areas of specialty/work

Street address

Beheshti Hospital, Gate the Ark, Sadi Crossroad

City

Zanjan

Postal code

Phone

+98 242433424766

Fax

Email

o.saed@zums.ac.ir

Web page address

Person responsible for scientific inquiries

Contact

Name of organization / entity

Zanjan University of Medical Sciences

Full name of responsible person

Sahel Khakpoor Borazjani

Position

M.Sc.candidate in clinical psychology

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

Beheshti Hospital, Gate the Ark, Sadi Crossroad.

City

Zanjan

Postal code**Phone**

+98 242433424766

Fax**Email**

sahelkhakpoor@zums.ac.ir;

khakpoorsahel@gmail.com

Web page address**Person responsible for updating data****Contact****Name of organization / entity**

Zanjan University of Medical Sciences

Full name of responsible person

Sahel Khakpoor Borazjani

Position

M.Sc.candidate in clinical psychology

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

Beheshti Hospital, Gate the Ark, Sadi Crossroad

City

Zanjan

Postal code**Phone**

+98 242433424766

Fax**Email**

sahelkhakpoor@zums.ac.ir;

khakpoorsahel@gmail.com

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