

Clinical Trial Protocol

Iranian Registry of Clinical Trials

18 Jun 2026

Effectiveness of Attention Training Technique Based on meta-cognitive approach in Treatment of postpartum Depression Disorder

Protocol summary

Study aim

Reduction of depression symptom

Design

this research were investigate in the framework of a single-case experimental design.

Settings and conduct

The place where the research was carried out was the Tabriz Crescent Clinic

Participants/Inclusion and exclusion criteria

women with 28-30 years old

Intervention groups

Implementation of treatment in intervention group

Main outcome variables

Reduce symptoms of depression, reduce symptoms of anxiety, decrease rumination

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20171227038096N1**

Registration date: **2018-02-21, 1396/12/02**

Registration timing: **retrospective**

Last update: **2018-02-21, 1396/12/02**

Update count: **0**

Registration date

2018-02-21, 1396/12/02

Registrant information

Name

Ali Afshari

Name of organization / entity

The university of maragheh

Country

Iran (Islamic Republic of)

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+98 41 3385 7366

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Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2016-08-22, 1395/06/01

Expected recruitment end date

2017-02-19, 1395/12/01

Actual recruitment start date

2016-10-11, 1395/07/20

Actual recruitment end date

2016-10-21, 1395/07/30

Trial completion date

empty

Scientific title

Effectiveness of Attention Training Technique Based on meta-cognitive approach in Treatment of postpartum Depression Disorder

Public title

Attention Training Technique in depression

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria:

Having diagnostic criteria DSM Failure to receive psychological treatment before entering the research Possibility to maintain the type and amount of drug used during the research period 30/5000 Having a minimum degree of diploma Patient's consent to participate in research and to sign a written consent

Exclusion criteria:

Having a psychotic disorder and substance abuse Having symptoms of personality disorder There is a risk to the patient, such as serious suicidal ideation that makes it impossible to get medication or keep it constant.

Age

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

Gender

Female

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **2**

Actual sample size reached: **2**

Randomization (investigator's opinion)

Not randomized

Randomization description**Blinding (investigator's opinion)**

Not blinded

Blinding description**Placebo**

Not used

Assignment

Single

Other design features

The hypotheses of this research were investigated in the framework of single-case experimental design, The design was first proposed by Jacobson and Trax

Secondary Ids

empty

Ethics committees**1****Ethics committee****Name of ethics committee**

دانشگاه مراغه

Street address

maragheh university, daneshgah avenue, madar squire, maragheh, east azarbaijan

City

مراغه

Province

East Azarbaijan

Postal code

5518183111

Approval date

2017-10-23, 1396/08/01

Ethics committee reference number

درجلسه کمیته اخلاق معاونت پژوهش دانشگاه مراغه به شماره 96/8/1 تاریخ 35-181525 در تاریخ 96/8/1 تایید شد

Health conditions studied**1****Description of health condition studied**

Postpartum Depression

ICD-10 code

F53/0

ICD-10 code description

F53.0

Primary outcomes**1****Description**

reduction of depression symptom

Timepoint

8 week and 3 month follow up

Method of measurement

questionnaire of BDI, BEA, MCQ

Secondary outcomes

empty

Intervention groups**1****Description**

Intervention group: Implementation of Attention Training Technique on Meta cognitive Therapy Approach in intervention group

Category

Behavior

Recruitment centers**1****Recruitment center****Name of recruitment center**

red crescent of tabriz

Full name of responsible person

leila gholizadeh

Street address

Tabriz, 29th Bahman Avenue, Tabriz Red Crescent. Professor Shahriar Clinic. Unit of Psychology

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Sponsors / Funding sources**1****Sponsor****Name of organization / entity**

university of maraghe

Full name of responsible person

zohrehashemi

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Fax

Email

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Web page address

https://www.maragheh.ac.ir/

Grant name

Grant code / Reference number

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

Yes

Title of funding source

university of maragheh

Proportion provided by this source

30

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

maragheh university

Full name of responsible person

zohreh hashemi

Position

assistant professor

Latest degree

Ph.D.

Other areas of specialty/work

Psychology

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Person responsible for scientific inquiries

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Latest degree

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Person responsible for updating data

Contact

Name of organization / entity

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Full name of responsible person

ali afshari

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Latest degree

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Other areas of specialty/work

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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

Yes - There is a plan to make this available

Informed Consent Form

Yes - There is a plan to make this available

Clinical Study Report

Yes - There is a plan to make this available

Analytic Code

Yes - There is a plan to make this available

Data Dictionary

Yes - There is a plan to make this available

Title and more details about the data/document

Attention education is a component of meta cognitive therapy

When the data will become available and for how long

2 month

To whom data/document is available

every one

Under which criteria data/document could be used

every condition

From where data/document is obtainable

authore

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

DIRECT

Comments