

Clinical Trial Protocol

Iranian Registry of Clinical Trials

19 Sep 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

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Email address

a_afshari@maragheh.ac.ir

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

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)

Phone

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 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 cercent 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

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Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
 Yes
Title of funding source
 university of maraghe
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
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Full name of responsible person
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Latest degree
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Person responsible for updating data

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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