

Clinical Trial Protocol

Iranian Registry of Clinical Trials

19 Jun 2026

A Comparative Study on the Efficacy of a Positive Cognitive-Behavioral therapy and a Cognitive Behavioral Therapy, in depression, subjective well-being, resiliency, self-efficacy and self-esteem for adolescences with depression signs.

Protocol summary

Study aim

A Comparative Study on the Efficacy of a Positive Cognitive-Behavioral therapy and a Cognitive Behavioral Therapy, in depression

Design

Among of people that received the diagnosis according to the criteria for entry and exit, a list was prepared, and accidentally selected 60 of them, and accidentally splited into three groups. One of the groups as a witness, second group as a the experimental group 1 (Positive cognitive behavioral therapy), and Third group as a experimental group 2 (cognitive behavioral therapy), Were tested.

Settings and conduct

First, five school selected among The first middle school boys in Mayamey and shahrood cities. Then, The beck depression scale was implemented, and were choosen those who are above cutting score. Then, Psychiatric interview was presented

Participants/Inclusion and exclusion criteria

Entry criterions: 1- Having mild to moderate depression criteria 6- Age range from 13 to 16 years Exit criterions: 1- having criteria for severe depression or any other psychiatric disorder 2- having a chronic and severe physical illness 3- taking any psychoactive drug 4- having cognitive states such as low levels of mental disability 5- Parents are separated 6- having Family problems

Intervention groups

1- Intervention description: 10 sessions of one and a half hours of cognitive-behavioral therapy Classification: behavioral 2- Intervention description: 10 sessions of one and a half hours of positive cognitive-behavioral therapy Classification: behavioral 3- Intervention description: nonintervention

Main outcome variables

depression, subjective well-being, resiliency, self-efficacy , self-esteem

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20171231038158N1**

Registration date: **2018-01-11, 1396/10/21**

Registration timing: **retrospective**

Last update: **2018-01-11, 1396/10/21**

Update count: **0**

Registration date

2018-01-11, 1396/10/21

Registrant information

Name

Ali Beygi

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 23 3263 6889

Email address

ali.beygi@semnan.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2017-12-12, 1396/09/21

Expected recruitment end date

2017-12-24, 1396/10/03

Actual recruitment start date

2017-12-12, 1396/09/21
Actual recruitment end date
2017-12-26, 1396/10/05
Trial completion date
empty

Scientific title

A Comparative Study on the Efficacy of a Positive Cognitive-Behavioral therapy and a Cognitive Behavioral Therapy, in depression, subjective well-being, resiliency, self-efficacy and self-esteem for adolescences with depression signs.

Public title

A Comparative Study on the Efficacy of a Positive Cognitive-Behavioral therapy and a Cognitive Behavioral Therapy, in depression.

Purpose

Education/Guidance

Inclusion/Exclusion criteria

Inclusion criteria:

having depression symptom according to Beck Depression Scale and Diagnostic Interview age: 13- 16

Exclusion criteria:

having criteria for severe depression or any other psychiatric disorder having a chronic and severe physical illness taking any psychoactive drug having cognitive states such as low levels of mental disability

Age

From **13 years** old to **16 years** old

Gender

Male

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **60**

Actual sample size reached: **45**

Randomization (investigator's opinion)

Randomized

Randomization description

Randomization method: clustered randomization
Randomization unit: Cluster randomization
Randomization layers: not having Randomization tools:
drawing creation a random sequence: First, five school selected among The first middle school boys in Mayamey and shahrood cities. Then, The beck depression scale was implemented. Among of people that received the diagnosis according to the criteria for entry and exit, a list was prepared, and accidentally selected 60 of them, and accidentally splited into three groups. One of the groups as a witness, second group as a the experimental group 1 (Positive cognitive behavioral therapy), and Third group as a experimental group 2 (cognitive behavioral therapy), Were tested.

Blinding (investigator's opinion)

Not blinded

Blinding description

Placebo

Not used

Assignment

Parallel

Other design features

Secondary Ids

1

Registry name

کمیته اخلاق دانشگاه علوم پزشکی سمنان

Secondary trial Id

IR.SEMUMS.REC.1396.169

Registration date

2017-12-12, 1396/09/21

Ethics committees

1

Ethics committee

Name of ethics committee

Ethics committe of Semnan university of medical science

Street address

Headquarters of Semnan University of Medical Sciences- Basij Boulevard

City

Semnan

Province

Semnan

Postal code

3514799442

Approval date

2017-12-12, 1396/09/21

Ethics committee reference number

IR.SEMUMS.REC.1396,169

Health conditions studied

1

Description of health condition studied

Mild and moderate depression

ICD-10 code

F32.0

ICD-10 code description

Major depressive disorder, single episode, mild

Primary outcomes

1

Description

Depression

Timepoint

Before intervention - Immediately after intervention - one month after the intervention

Method of measurement

Beck Depression Scale

Secondary outcomes

1

Description

Well-Being

Timepoint

Pre-test at the beginning of the study - Post-test after intervention - Follow up one month after the intervention

Method of measurement

Adolescent Well-Being scale

2

Description

Resiliency

Timepoint

Pre-test at the beginning of the study - Post-test after intervention - Follow up one month after the intervention

Method of measurement

Connor and Davidson resiliency scale

3

Description

Self-esteem

Timepoint

Pre-test at the beginning of the study - Post-test after intervention - Follow up one month after the intervention.

Method of measurement

Rosenberg Self-Esteem Scale

4

Description

Self efficacy

Timepoint

Pre-test at the beginning of the study - Post-test after intervention - Follow up one month after the intervention.

Method of measurement

Schwartz and Jerosselm Self-efficacy Scale

Intervention groups

1

Description

Intervention group 1:10 sessions one and a half hours
Cognitive behavioral therapy

Category

Behavior

2

Description

Intervention group 2 : 10 sessions one and a half hours
Positive cognitive behavioral therapy

Category

Behavior

3

Description

Control group: nonintervention

Category

Behavior

Recruitment centers

1

Recruitment center

Name of recruitment center

Miami Education Bureau

Full name of responsible person

Saemi Abbas

Street address

Emam Avenue - Education Bureau

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Mayamey

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Semnan

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3638141459

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<http://mayamei.semnan.medu.ir>

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Research Assistant at Semnan University

Full name of responsible person

Mahmood Najafi

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<http://psy.semnan.ac.ir/>

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Research Assistant at Semnan University

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**

semnan university

Full name of responsible person

Mahmmood Najafi

Position

assistant professor

Latest degree

Ph.D.

Other areas of specialty/work

Psychology

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Person responsible for scientific inquiries**Contact****Name of organization / entity**

Semnan university

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Ali Beygi

Position

student

Latest degree

Ph.D.

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Sharing plan**Deidentified Individual Participant Data Set (IPD)**

Yes - There is a plan to make this available

Study ProtocolUndecided - It is not yet known if there will be 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

Not applicable

Data Dictionary

Not applicable

Title and more details about the data/document

Scientific journals and ISI

When the data will become available and for how long

On line

To whom data/document is available

Psychologists and psychiatrists

Under which criteria data/document could be used

Research and treatment and education

From where data/document is obtainableScientific journals, Iran Scientific Documents Database
and Email: Ali.beygi@yahoo.com**What processes are involved for a request to access**

data/document

Message to email address
Comments