

Clinical Trial Protocol

Iranian Registry of Clinical Trials

16 Sep 2026

The Effect Of Cognitive-Behavioral Group Therapy On Self-esteem And Optimism Of Patient With Major Depression

Protocol summary

Study aim

Determining the Effect of CBGT on Self-esteem and Optimism in Patients with Major Depression

Design

80 Eligible Individuals Were Selected By Convenience Sampling. Samples were selected From Those Admitted to the Wards as Well as from those who Referred to the clinic. Then, using the cards on which 40 of them have the word A (intervention group) and the other 40 words B (control group) are written. These people randomly selected one of these cards and were placed in the control or intervention group. The intervention group was divided into 4 groups of 10. The Questionnaires were filled out in such a way that at the moment when the patients were in the Control Group, they completed the Questionnaires and the people in the Intervention group Coordinated in a Previous Session. The test Completed the Questionnaires.

Settings and conduct

Group Therapy in Addition to Routine Interventions (Drug Therapy, Electro-shock therapy) for Each Intervention Group was Held in 8 sessions of 90 minutes with a Frequency of two Sessions Per Week in the Hospital Amphitheater. The control group received only routine interventions (drug therapy, Electroconvulsive Therapy).

Participants/Inclusion and exclusion criteria

Entry Requirements: 1) Having Major Depression 2) Satisfaction to Participate In Research 3) Do not Use Other psychotherapy and Counseling services During the Sessions 4) Have a Minimum of Literacy Tips

Intervention groups

The individuals in the intervention group attended 8 sessions of 90 minutes in the hospital amphitheater and participated sessions of cognitive-behavioral group therapy (in addition to receiving routine treatments). The control group received only routine therapies

Main outcome variables

1. Cognitive-Behavioral Group Therapy 2. Self esteem 3. Optimism 4. Ages 5. Gender 6. Levels of Education 7.

Length of Admission 8. period of Illness 9. Employment Status 10. Marital Status

General information

Reason for update

Acronym

CBT

IRCT registration information

IRCT registration number: **IRCT20140212016564N15**

Registration date: **2021-09-20, 1400/06/29**

Registration timing: **retrospective**

Last update: **2021-09-20, 1400/06/29**

Update count: **0**

Registration date

2021-09-20, 1400/06/29

Registrant information

Name

Molood Radfar

Name of organization / entity

Urmia University of Medical Sciences

Country

Iran (Islamic Republic of)

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Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2018-08-01, 1397/05/10

Expected recruitment end date

2018-09-05, 1397/06/14

Actual recruitment start date

2018-08-01, 1397/05/10

Actual recruitment end date

2018-10-12, 1397/07/20

Trial completion date

2018-10-12, 1397/07/20

Scientific title

The Effect Of Cognitive-Behavioral Group Therapy On Self-esteem And Optimism Of Patient With Major Depression

Public title

The Effect Of Cognitive-Behavioral Group Therapy On Self-esteem And Optimism Of Patient With Major Depression

Purpose

Education/Guidance

Inclusion/Exclusion criteria**Inclusion criteria:**

Satisfaction to Attend Research Not Using Other Mental Health Services And Counseling During Meetings Not participating In The Same previous Study Have a Minimum Of Literacy Tips Stable Patients According to Psychiatrist

Exclusion criteria:**Age**

No age limit

Gender

Both

Phase

N/A

Groups that have been masked*No information***Sample size**Target sample size: **80**Actual sample size reached: **64****Randomization (investigator's opinion)**

Randomized

Randomization description

From the study population, 80 eligible individuals were selected by convenience sampling. Using cards with 40 words A (intervention group) and 40 words B (control group) written on them, the samples randomly selected one of these cards and were placed in the control or intervention group. . The intervention group was divided into 4 groups of 10. The questionnaires were filled out in such a way that at the moment when the patients were in the control and intervention groups, they filled in the questionnaires during coordination in a pre-test session.

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**

Ethic committee of Urmia University of Medical Sciences

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Pardis Nazlou, 11 km of Nazlou Road,Urmia,Iran

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West Azarbaijan

Postal code

57561-15335

Approval date

2018-04-05, 1397/01/16

Ethics committee reference number

IR.UMSU.REC.1397.116

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

Major Depression

ICD-10 code

F32.4

ICD-10 code description

Major depressive disorder, single episode, in partial remission

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

Self-esteem

Timepoint

Before Intervention,Immediately After Intervention, Three Months After Intervention And Six Months After Intervention.

Method of measurement

Completion Of Rosenberg Self-Esteem Questionnaire Before The Intervention, Immediately After The Intervention, Three And Six Months After The Intervention By the Research Units

Secondary outcomes**1****Description**

Optimism

Timepoint

Before Intervention,Immediately After Intervention, Three Months After Intervention And Six Months After Intervention.

Method of measurement

Completion Of Schier and Carver Optimism

Questionnaire Before The Intervention, Immediately After The Intervention, Three And Six Months After The Intervention By The Research Units.

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Description

Optimism

Timepoint

Immediately after the intervention, 3 and 6 months after the intervention

Method of measurement

schier and carver optimism questionnaire

Intervention groups

1

Description

Intervention Group: The Intervention Group Was Divided In To 4 Groups Of 10 People. In addition to routine interventions (Pharmacotherapy), each intervention group received cognitive-behavioral therapy in 8 sessions of 90 minutes with a frequency of two sessions per week. Each session consisted of four stages, (1) reviewing the content of the previous session, (2) presenting a new topic, (3) group discussion about the new topic, (4) summarizing the content with patients and catering.

Category

Behavior

2

Description

Control Group: The Control Group Received only routine (Pharmacotherapy) Interventions.

Category

Behavior

Recruitment centers

1

Recruitment center

Name of recruitment center

Razi Medical Education Center, Urmia

Full name of responsible person

moloud radfar

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Oroumia University of Medical Sciences

Full name of responsible person

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Grant name

Grant code / Reference number

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

No

Title of funding source

Urmia 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

Oroumia University of Medical Sciences

Full name of responsible person

Moloud Radfar

Position

Associate Professor

Latest degree

Ph.D.

Other areas of specialty/work

Nursery

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Person responsible for scientific inquiries

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Position

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Latest degree

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Other areas of specialty/work

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Latest degree

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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

Not applicable

Data Dictionary

Yes - There is a plan to make this available

Title and more details about the data/document

The section on the consequences of study (self-esteem and optimism) will be shared.

When the data will become available and for how long

6 months after publishing the results as an article

To whom data/document is available

for research project and article reviewer

Under which criteria data/document could be used

Other people cannot access the data.

From where data/document is obtainable

Moloud Radfra e-mail: mradsfar1343@gmail.com

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

Request through the Vice Chancellor for Research

Comments