

Clinical Trial Protocol

Iranian Registry of Clinical Trials

05 Aug 2026

Computerized Cognitive behavioral therapy for recovery of postpartum depression: randomized controlled trial

Protocol summary

Study aim

The aim of this study was to evaluate the effect of computerized cognitive behavioral therapy on postpartum depression.

Design

Clinical trial with control group, Randomized. The sample size in each intervention and control group is 38 depressed mothers.

Settings and conduct

Health Centers in Kerman Province. Blinding is not performed.

Participants/Inclusion and exclusion criteria

inclusion criteria : Having Edinburgh's depression test score greater than 13, passing 4-6 weeks of delivery.
exclusion criteria : Not having smart phones, using antidepressants or psychotherapy.

Intervention groups

In the intervention group, depressed mothers used computerized cognitive behavioral therapy during a two-month period. In the control group, depressed mothers did not use computerized cognitive behavioral therapy.

Main outcome variables

Edinburgh Depression Test

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20171017036845N1**
Registration date: **2018-07-30, 1397/05/08**
Registration timing: **retrospective**

Last update: **2018-07-30, 1397/05/08**

Update count: **0**

Registration date

2018-07-30, 1397/05/08

Registrant information

Name

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 34 3132 5700

Email address

n.janati@kmu.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2018-04-04, 1397/01/15

Expected recruitment end date

2018-06-05, 1397/03/15

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Computerized Cognitive behavioral therapy for recovery of postpartum depression: randomized controlled trial

Public title

Cognitive Behavioral Therapy

Purpose

Education/Guidance

Inclusion/Exclusion criteria

Inclusion criteria:

Have an Edinburgh Depression Score of over 13 Mothers in postpartum period

Exclusion criteria:

Not having smart phone Unwilling to participate in the study

Age

From **18 years** old

Gender

Female

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **76**

Randomization (investigator's opinion)

Randomized

Randomization description

Simple randomization : All mothers who referred to health centers had the Equal chance of being selected.Mother's National Code was written on paper, placed in a container and stirred well. Then the sample was selected with a given volume.

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**

Ethics committee of kerman University of Medical Sciences

Street address

Haft-Bagh Highway, Kerman, Iran

City

kerman

Province

Kerman

Postal code

7616913555

Approval date

2018-07-24, 1397/05/02

Ethics committee reference number

IR.KMU.REC.1397.143

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

postpartum depression

ICD-10 code

F53.0

ICD-10 code description

Mild mental and behavioural disorders associated with the puerperium, not elsewhere classified

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

Edinburgh Depression Test Score

Timepoint

Before the intervention begins,End of intervention (2 months later)

Method of measurement

Using the Edinburgh Depression questionnaire

Secondary outcomes

empty

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

Intervention group: mothers who had postpartum depression used the cognitive behavioral therapy program for 2 months

Category

Behavior

2**Description**

Control group: Depressed mothers in the control group did not use any cognitive behavioral therapy program.

Category

Behavior

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

Kerman Health Center

Full name of responsible person

Nazanin Jannati

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Shafa Street

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7616913555

Phone

+98 34 3121 5600

Email

n.janati@kmu.ac.ir

Sponsors / Funding sources**1****Sponsor**

Name of organization / entity

Kerman University of Medical Sciences

Full name of responsible person

Koros Divsalar

Street address

Somayeh Road, at the beginning of Jihad Boulevard,
at the beginning of Ibn Sina Street, opposite Besat
Clinic

City

Kerman

Province

Kerman

Postal code

7619813159

Phone

+98 34 3226 4180

Email

kerman.neuroscience@gmail.com

Grant name**Grant code / Reference number****Is the source of funding the same sponsor
organization/entity?**

Yes

Title of funding source

Kerman 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**

Kerman University of Medical Sciences

Full name of responsible person

Nazanin Jannati

Position

Master Student

Latest degree

Bachelor

Other areas of specialty/work

Medical Informatics

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**Person responsible for scientific
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Person responsible for updating data**Contact****Name of organization / entity**

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

Yes - There is a plan to make this available

Study Protocol

Undecided - It is not yet known if there will be a plan to
make this available

Statistical Analysis Plan

Undecided - It is not yet known if there will be a plan to

make this available

Informed Consent Form
Undecided - It is not yet known if there will be 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
Demographics of patients and their depression test score are shared without their identification information.

When the data will become available and for how long

6 months after printing results

To whom data/document is available
Researchers working in academia and academia

Under which criteria data/document could be used
In order to compare the data from this method with other methods, the data can be shared with other researchers.

From where data/document is obtainable
Dr Leila Ahmadian, ahmadianle@yahoo.com , kerman university of medical science

What processes are involved for a request to access data/document
To receive the data, please contact Dr. Ahmadian's email. After reviewing a request, 4-7 business days are requested upon request

Comments