Clinical Trial Protocol
Iranian Registry of Clinical Trials

17 Jun 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
Street address
Shafa Street
City
Kerman
Province
Kerman
Postal code
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 inquiries

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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
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