

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

27 Jun 2026

### A clinical trial comparing the effects of cognitive-behavioral group training and lack of training on depression of nurses

#### Protocol summary

##### Study aim

To investigate the effect of cognitive-behavioral group training on the depression levels of nurses working in teaching hospitals of Birjand

##### Design

In this randomized controlled field trial, 40 eligible nurses from the teaching hospitals affiliated with Birjand University of Medical Sciences were included by convenience sampling method. First, the Beck Depression Inventory was completed by nurses and those with a score range from 13 to 32 on the inventory were included. Afterwards, the nurses were randomly assigned into the intervention (n=20) and control (n=20) groups.

##### Settings and conduct

As a non-blinded study, the trial was conducted at the nursing research center of Birjand University of Medical Sciences. At first, the participants completed Beck's Depression Inventory. The intervention group members received eight 1.5-hour sessions of cognitive-behavioral group training on coping with depression on a weekly basis. Nurses in the control group did not receive any interventions. After the 8th session and two months later, the members of both groups completed the inventory.

##### Participants/Inclusion and exclusion criteria

Inclusion criteria: Earning score 13 or above on the Beck Depression Inventory; working in one of the teaching hospitals affiliated to Birjand University of Medical Sciences for a minimum of one year; and informed consent to participate in the study. Exclusion criterion: Suffering from other mental and physical disorders.

##### Intervention groups

Intervention group (cognitive-behavioral): The intervention group members received eight 1.5-hour sessions of cognitive-behavioral group training on coping with depression on a weekly basis. Control group: They received no training.

##### Main outcome variables

depression

#### General information

##### Reason for update

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT20170316033099N5**

Registration date: **2018-12-23, 1397/10/02**

Registration timing: **retrospective**

Last update: **2018-12-23, 1397/10/02**

Update count: **0**

##### Registration date

2018-12-23, 1397/10/02

##### Registrant information

##### Name

Mohammad Bagher Roozgar

##### Name of organization / entity

Birjand University of Medical Sciences

##### Country

Iran (Islamic Republic of)

##### Phone

+98 56 3239 5680

##### Email address

roozgar@bums.ac.ir

##### Recruitment status

**Recruitment complete**

##### Funding source

##### Expected recruitment start date

2017-04-21, 1396/02/01

##### Expected recruitment end date

2017-05-10, 1396/02/20

##### Actual recruitment start date

2017-04-21, 1396/02/01

##### Actual recruitment end date

2017-05-10, 1396/02/20

**Trial completion date**

2017-09-11, 1396/06/20

**Scientific title**

A clinical trial comparing the effects of cognitive-behavioral group training and lack of training on depression of nurses

**Public title**

Effect of cognitive-behavioral group training on depression

**Purpose**

Education/Guidance

**Inclusion/Exclusion criteria****Inclusion criteria:**

Earning the score of 13 or above on the Beck Depression Inventory Working in one of the teaching hospitals affiliated to Birjand University of Medical Sciences for a minimum of one year Informed consent to participate in the study Age range from 23 to 45 years Having bachelor's degree or higher

**Exclusion criteria:**

Having other mental and physical disorders

**Age**

From **23 years** old to **45 years** old

**Gender**

Both

**Phase**

N/A

**Groups that have been masked**

*No information*

**Sample size**

Target sample size: **80**

Actual sample size reached: **80**

**Randomization (investigator's opinion)**

Randomized

**Randomization description**

A total of 80 participants who met the inclusion criteria were incorporated using convenience sampling method. Each eligible participant was assigned a code. Using the table of random numbers, the participants were allocated to the intervention or control groups.

**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 Birjand University of Medical

Sciences

**Street address**

Ghaffari Ave.

**City**

Birjand

**Province**

South Khorasan

**Postal code**

9717853577

**Approval date**

2017-04-19, 1396/01/30

**Ethics committee reference number**

IR.bums.REC.1396.21

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

depression

**ICD-10 code**

f32.9

**ICD-10 code description**

Depressive episode, unspecified

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

Depression

**Timepoint**

Before training, immediately after training, two months after training

**Method of measurement**

Beck Depression Inventory

**Secondary outcomes**

empty

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

Intervention group (cognitive-behavioral): The intervention group members received eight 1.5-hour sessions of cognitive-behavioral group training on coping with depression on a weekly basis. In brief, topics of the sessions included the nature of depression, cognitive model, cognitive errors, identification of negative thoughts according to the form of the thoughts, cognitive restructuring using the positive self-reflection technique, depression triggers and the standard dual technique, coping skills and problem solving.

**Category**

Treatment - Other

**2****Description**

Control group: They received no training.

**Category**

N/A

**Recruitment centers**

**1**

**Recruitment center**

**Name of recruitment center**

Nursing Research Center of Birjand University of  
Medical Sciences

**Full name of responsible person**

Feridoon Keramatina

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Moallem Ave.

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**Sponsors / Funding sources**

**1**

**Sponsor**

**Name of organization / entity**

Birjand University of Medical Sciences

**Full name of responsible person**

Dr Tooba Kazemi

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Ghaffari Ave.

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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**

Birjand 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**

Birjand University of Medical Sciences

**Full name of responsible person**

Feridoon Keramatina

**Position**

MSc Student of Nursing

**Latest degree**

Bachelor

**Other areas of specialty/work**

Nursery

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**Position**

MSc Student of Nursing

**Latest degree**

Bachelor

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**Person responsible for updating data**

**Contact**

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Birjand University of Medical Sciences

**Full name of responsible person**

Mohammad Bagher Roozgar

**Position**

Translator

**Latest degree**

Master

**Other areas of specialty/work**

Others

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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**

Not applicable

**Title and more details about the data/document**

Deidentified Individual Participant Data Set

**When the data will become available and for how long**

After the paper extracted from the research project is published and for 6 months

**To whom data/document is available**

to readers of the paper

**Under which criteria data/document could be used**

for research purposes

**From where data/document is obtainable**

personal correspondence with the corresponding author

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

email

**Comments**