

Clinical Trial Protocol

Iranian Registry of Clinical Trials

16 Sep 2026

Effectiveness of Group Cognitive Therapy Based on Michael Free on Mental Health in Patients with Multiple Sclerosis

Protocol summary

Study aim

This study aimed to examine the effect of Effectiveness of Group Cognitive Therapy Based on Michael Free on mental health in patients with Multiple Sclerosis (MS).

Design

A sample of 30 participants was selected through a convenient sampling method. They were randomly divided into two experimental and control groups, which were eventually reduced to 24, and grouped into cognitive group therapy and control group. Data were collected using a questionnaire.

Settings and conduct

hamedan

Participants/Inclusion and exclusion criteria

Login: (1) the criteria for diagnosing MS. S; 2. Minimum education (cycles); 3. Failure to receive simultaneous psychological treatment; Exit: 1. Absence of more than 2 times in a row; 2. absence 3 non-consecutive session, 3 patients with chronic pain.

Intervention groups

A sample of 30 participants was selected through a convenient sampling method. They were randomly divided into two experimental and control groups, which were eventually reduced to 24, and grouped into cognitive group therapy and control group. Data were collected using a questionnaire.

Main outcome variables

mental health

General information

Reason for update

Acronym

CBT

IRCT registration information

IRCT registration number: **IRCT20181003041222N2**

Registration date: **2019-02-09, 1397/11/20**

Registration timing: **retrospective**

Last update: **2019-02-09, 1397/11/20**

Update count: **0**

Registration date

2019-02-09, 1397/11/20

Registrant information

Name

Ahmad Bayat

Name of organization / entity

Bu-Ali Sina University

Country

Iran (Islamic Republic of)

Phone

+98 81 3493 6131

Email address

bayata61@yahoo.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2013-09-27, 1392/07/05

Expected recruitment end date

2013-10-27, 1392/08/05

Actual recruitment start date

2013-09-27, 1392/07/05

Actual recruitment end date

2013-10-27, 1392/08/05

Trial completion date

2014-03-01, 1392/12/10

Scientific title

Effectiveness of Group Cognitive Therapy Based on Michael Free on Mental Health in Patients with Multiple Sclerosis

Public title

Effectiveness of Group Cognitive Therapy Based on Michael Free on Mental Health in Patients with Multiple Sclerosis

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria:
The criteria for diagnosing M.S. Not receiving psychological treatment at the same time At least primary school

Exclusion criteria:
Absence more than 2 consecutive times The absence of three non-consecutive session Patients with chronic pains

Age
No age limit

Gender
Both

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **30**
Actual sample size reached: **30**

Randomization (investigator's opinion)
Randomized

Randomization description
Simple randomization

Blinding (investigator's opinion)
Not blinded

Blinding description

Placebo
Not used

Assignment
Other

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee
Ethics committee of Bu-Ali Sina University

Street address
Ahmadiroushan

City
Hamedan

Province
Hamadan

Postal code
6795869857

Approval date
2014-01-30, 1392/11/10

Ethics committee reference number
587485

Health conditions studied

1

Description of health condition studied
mental health

ICD-10 code

ICD-10 code description

2

Description of health condition studied
mental health

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description
mental health

Timepoint
6 months

Method of measurement
questionnaire

Secondary outcomes

empty

Intervention groups

1

Description
Intervention group: 15 patients with MS

Category
Treatment - Other

2

Description
Control group: 15 patients with MS

Category
N/A

Recruitment centers

1

Recruitment center

Name of recruitment center
Hamedan, Health Care

Full name of responsible person
Ahmad Bayat

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razi

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Bu-Ali Sina University
Full name of responsible person
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6795869875
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bayata61@yahoo.com
Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
Bu-Ali Sina 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
Bu-Ali Sina University
Full name of responsible person
Ahmad Bayat
Position
Clinical Psychologist
Latest degree
Ph.D.
Other areas of specialty/work
Psychology
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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)
No - There is not a plan to make this available
Justification/reason for indecision/not sharing IPD
Confidential
Study Protocol
Undecided - It is not yet known if there will be a plan to

make this available
Statistical Analysis Plan
Not applicable
Informed Consent Form
Undecided - It is not yet known if there will be a plan to
make this available
Clinical Study Report
Not applicable
Analytic Code
Not applicable
Data Dictionary
Not applicable