

Clinical Trial Protocol

Iranian Registry of Clinical Trials

22 Jun 2026

The Comparison of the effectiveness group counseling through group therapy with group cognitive-behavioral therapy on the feeling of loneliness and life expectancy among students suffering from depression disorder at Islamic Azad University of Rasht

Protocol summary

Study aim

Determining the effectiveness of cognitive-behavioral group counseling on loneliness and life expectancy in students with depression

Design

Controlled randomized clinical trial on 45 students with active medical records given by a psychiatrist for depression.

Settings and conduct

students with depressive disorder referred to Islamic Azad University Counseling Center in Rasht. 45 students with active medical records given by the psychiatrist diagnosed with depression. who wish to attend this course. The lowest scores in the three research tools (feeling alone, depressed, and life expectancy) were chosen by 45 individuals and were randomly assigned to 3 groups of 15 individuals (experimental group meaning therapy, cognitive-behavioral experimental group, and control group).

Participants/Inclusion and exclusion criteria

Having diagnostic criteria for depression according to psychiatrist and conscious desire to participate in research. Exclusion criteria for any personality disorder such as paranoid, antisocial personality and any obvious psychological illness such as obsessive-compulsive disorder, bipolar disorder, and significant medical disorder

Intervention groups

students with active therapeutic records provided by the psychiatrist for the diagnosis of depression. 45 people will be selected and will be randomly assigned to 3 groups of 15 people (experimental group of meaning therapy, cognitive-behavioral experimental group and control group). Then the counseling sessions will be conducted on the experimental groups and after the training course all three groups will be re-tested. One

month after the post-test, the follow-up test will be administered to all 3 groups.

Main outcome variables

Life expectancy

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20190728044355N1**

Registration date: **2019-09-02, 1398/06/11**

Registration timing: **prospective**

Last update: **2019-09-02, 1398/06/11**

Update count: **0**

Registration date

2019-09-02, 1398/06/11

Registrant information

Name

Touba Seghati

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 13 3355 4060

Email address

sh.seghati@gmail.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2019-09-06, 1398/06/15

Expected recruitment end date

2019-12-26, 1398/10/05
Actual recruitment start date
2019-09-06, 1398/06/15
Actual recruitment end date
2019-12-26, 1398/10/05
Trial completion date
2020-01-05, 1398/10/15

Scientific title

The Comparison of the effectiveness group counseling through group therapy with group cognitive-behavioral therapy on the feeling of loneliness and life expectancy among students suffering from depression disorder at Islamic Azad University of Rasht

Public title

"The effect of Cognitive-behavioral therapy on depression"

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria:

Confirmed depression according to the psychiatrist
Informed consent to participate in research
Age between 20-35 years

Exclusion criteria:

Any personality disorder
Any obvious psychological illness such as obsessive-compulsive disorder
Patient with bipolar disorder

Age

From **20 years** old to **35 years** old

Gender

Both

Phase

3

Groups that have been masked

No information

Sample size

Target sample size: **75**

Actual sample size reached: **75**

Randomization (investigator's opinion)

Randomized

Randomization description

The study sample will be selected from students with active therapeutic records provided by the psychiatrist for the diagnosis of depression. The procedure is as follows: After visiting the University Counseling Center and announcing a call to students who wish to participate in this course, in addition to having the entry and exit criteria, the lowest scores in the three research instruments (feeling alone, Depression and life expectancy (45) will be selected and will be randomly assigned to 3 groups of 15 individuals (experimental group meaning therapy, cognitive-behavioral experiment group and control group). Subsequently, group counseling sessions on cognitive-behavioral therapy and cognitive-behavioral therapy will be conducted on the experimental groups for 10 sessions of 90 minutes, one session per week. One month after the post-test, the follow-up test will be administered to all 3 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 Ahvaz Branch Islamic Azad University

Street address

No. 9, shahid rajaei Blvd., 38 Town

City

Rasht

Province

Guilan

Postal code

4155856333

Approval date

2019-07-26, 1398/05/04

Ethics committee reference number

IR.IAU.AHVAZ.REC.1398.007

Health conditions studied

1

Description of health condition studied

Depressive episode

ICD-10 code

F32

ICD-10 code description

Major depressive disorder, single episode

Primary outcomes

1

Description

Life expectancy

Timepoint

10 weeks (90 minutes each session) once a week, one month follow-up

Method of measurement

Beck Depression Inventory, Loneliness Questionnaire (UCLA), Miller Life Expectancy Questionnaire

Secondary outcomes

1

Description

"Loneliness score"

Timepoint

30 day

Method of measurement

BDI-II (Beck Depression Depression Inventory) 21
Questionnaire, UCLA 48 Questionnaire, Miller Life
Expectancy Questionnaire 20

2

Description

"Life expectancy score"

Timepoint

30 day after intervention

Method of measurement

BDI-II (Beck Depression Depression Inventory) 21
Questionnaire, Miller Life Expectancy Questionnaire 20

Intervention groups

1

Description

Intervention group 1 will receive meaning therapy, 90
minutes for 10 weekly sessions.

Category

Treatment - Other

2

Description

The second intervention group will receive cognitive-
behavioral intervention 90 minutes for 10 weekly
sessions.

Category

Treatment - Other

3

Description

Control group will not receive any intervention.

Category

Placebo

Recruitment centers

1

Recruitment center

Name of recruitment center

Medical and Psychological Services Center of Rasht
Azad University

Full name of responsible person

Abdollah Shafiabady

Street address

No. 9, shahidrejaee Blvd., 38Town

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Email

sh.seghati@gmail.com

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Islamic Azad University

Full name of responsible person

Sayed Mozafar Mirbargkar

Street address

Lakan

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Guilan

Postal code

۴۱۴۷۶۵۴۹۱۹

Phone

+98 13 3342 2153

Email

mir.bargkar.m@gmail.com

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Islamic Azad 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

Islamic Azad University

Full name of responsible person

Abdollah Shafiabady

Position

Professor

Latest degree

Ph.D.

Other areas of specialty/work

Psychology

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Person responsible for scientific inquiries

Contact

Name of organization / entity
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Position
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Person responsible for updating data

Contact

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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

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

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

Data Dictionary

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

Title and more details about the data/document

Article

When the data will become available and for how long

"6 months after printing the results"

To whom data/document is available

University and science centers, psychology centers, counseling centers and psychological services

Under which criteria data/document could be used

Reference to scientific and research articles

From where data/document is obtainable

By Phone and Email: 09118358191
sh.seghati@gmail.com

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

Corporate Email

Comments