Clinical Trial Protocol
Iranian Registry of Clinical Trials

07 Nov 2026

Comparison of the effectiveness of Repetitive Transcranial Magnetic Stimulation (rTMS) and Mindfulness-Based Cognitive Therapy (MBCT) on Transdiagnostic Variables; Rumination, Worry and Neuropsychological Functions in Depressed Patients.

Protocol summary

Study aim
Comparison of the effectiveness of Repetitive Transcranial Magnetic Stimulation (rTMS) and Mindfulness-Based Cognitive Therapy (MBCT) on Depression treatment

Design
Clinical trial with Non-randomized Sampling without blinding, Total sample size 45 subjects in 2 intervention groups and 1 control group.

Settings and conduct
Intervention group 1 received 8 Online Sessions Mindfulness-Based Cognitive group Therapy. Intervention group 2 received 20 Sessions Repetitive Transcranial Magnetic Stimulation with Depression protocol therapy in Center of Atiye Derakhshan Zehn. Control group didn't receive intervention until the end of assessments.

Participants/Inclusion and exclusion criteria
Having score above 20 in Beck Depression Inventory؛ Having history of seizure, head truma, Bipolar disorders, Psychotic disorders and having any metal in body

Intervention groups
Intervention group 1: 8 Sessions Mindfulness-Based Cognitive group Therapy (MBCT) Intervention group 2: 20 Sessions Repetitive Transcranial Magnetic Stimulation (rTMS) Control group: No treatment

Main outcome variables
Rumination Score in Youssefi Rumination Inventory; Meta Worry Score in the Wells Anxious Thoughts Inventory; Neuropsycholigical Functions Scores in Cambridge Neuropsychological Test Automated Battery (CANTAB)

General information

Reason for update

Acronym
rTMS- MBCT

IRCT registration information
IRCT registration number: **IRCT20190831044652N1**
Registration date: **2019-10-06, 1398/07/14**
Registration timing: **retrospective**

Last update: **2019-10-06, 1398/07/14**
Update count: **0**

Registration date
2019-10-06, 1398/07/14

Registrant information

Name
Mahboobeh Majdi

Name of organization / entity

Country
Iran (Islamic Republic of)

Phone
+98 21 7734 1880

Email address
mahboobeh.majdi@gmail.com

Recruitment status
Recruitment complete

Funding source

Expected recruitment start date
2018-09-21, 1397/06/30

Expected recruitment end date
2018-10-22, 1397/07/30

Actual recruitment start date
2018-09-21, 1397/06/30

Actual recruitment end date
2018-10-22, 1397/07/30

Trial completion date
2019-04-21, 1398/02/01

Scientific title
Comparison of the effectiveness of Repetitive

Transcranial Magnetic Stimulation (rTMS) and Mindfulness-Based Cognitive Therapy (MBCT) on Transdiagnostic Variables; Rumination, Worry and Neuropsychological Functions in Depressed Patients.

Public title
Effect of rTMS and MBCT in treatment of depression
Purpose
Treatment
Inclusion/Exclusion criteria
Inclusion criteria:
All of Depressed Patients above 20 in Beck Depression Inventory
Exclusion criteria:
Having history of Head Truma Having history of Bipolar Disorder Having history of Psychotic Disorders Drug Dependency Being Pregnant Having prosthesis Having any kind of Metal in Body Having Pace Maker Having history of Seizure in family
Age
From **20 years** old to **50 years** old
Gender
Both

Phase
N/A
Groups that have been masked
No information
Sample size
Target sample size: **45**
Actual sample size reached: **45**
Randomization (investigator's opinion)
Not randomized
Randomization description
Blinding (investigator's opinion)
Not blinded
Blinding description
Placebo
Not used
Assignment
Factorial
Other design features
3 Group in study; 2 of them having different interventions and 1 control group with no intervention

Secondary Ids

empty

Ethics committees

1

Ethics committee
Name of ethics committee
Ethics committee of Shahid Behshti University of Medical Sciences
Street address
Medical school, Shahid Behshti University of Medical Sciences, Erabi Ave., Yaman Ave., Chamran highway
City
Tehran
Province
Tehran
Postal code
193954719
Approval date
2018-04-10, 1397/01/21
Ethics committee reference number
IR.SBMU.MSP.REC.1397.95

Health conditions studied

1

Description of health condition studied
Major Depressive Disorder
ICD-10 code
F32
ICD-10 code description
Major depressive disorder, single episode

Primary outcomes

1

Description
Rumination Score in Youssefi Rumination Inventory
Timepoint
Measuring Rumination before and after treatment and three months later
Method of measurement
Youssefi Rumination Inventory

2

Description
Meta Worry Score in the Wells Anxious Thoughts Inventory
Timepoint
Measuring Meta Worry before and after treatment and three months later
Method of measurement
Wells Anxious Thoughts Inventory

3

Description
Neuropsycholigical Functions Scores in Cambridge Neuropsychological Test Automated Battery (CANTAB)
Timepoint
Measuring Neuropsycholigical Functions before and after treatment and three months later
Method of measurement
Cambridge Neuropsychological Test Automated Battery (CANTAB)

Secondary outcomes

1

Description
Depression Score
Timepoint
Measuring Depression before and after treatment and 3

month later

Method of measurement

Beck Depression Inventory

Intervention groups

1

Description

Intervention group 1: 8 session Mindfulness-Based Cognitive group therapy

Category

Behavior

2

Description

Intervention group 2: 20 Sessions Repetitive Transcranial Magnetic Stimulation (rTMS)

Category

Treatment - Devices

3

Description

Control group: No Treatment

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center

Taleghani hospital

Full name of responsible person

Maryam Bakhtiyari

Street address

Floor4, Psychology Group, Taleghani hospital, Erabi Ave., Yaman Ave., Chamran highway

City

Tehran

Province

Tehran

Postal code

1985711151

Phone

+98 21 2303 1548

Email

taleghanihospital@sbmu.ac.ir

2

Recruitment center

Name of recruitment center

Atiyeh Derakhshan Zehn psychology Clinic

Full name of responsible person

Reza Rostami

Street address

No. 23,. Valinejad Ave,. Valiasr Ave.

City

Tehran

Province

Tehran

Postal code

1969713663

Phone

+98 21 8401 2000

Email

info@atiehclinic.com

Web page address

http://atiehclinic.com/

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Shahid Beheshti University of Medical Sciences

Full name of responsible person

Afsin Zarghi

Street address

Vice-Chancellor of Research Affairs,Shahid Beheshti University of Medical Sciences, Next to Taleghani hospital, Erabi Ave., Chamran highway

City

Tehran

Province

Tehran

Postal code

19839-63113

Phone

+98 21 2243 9770

Email

Info@sbmu.ac.ir

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Shahid Beheshti University of Medical Sciences

Proportion provided by this source

1

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

Shahid Beheshti University of Medical Sciences

Full name of responsible person

Maryam Bakhtiyari

Position

Associate professor

Latest degree
Ph.D.

Other areas of specialty/work
Psychology

Street address
Psychology Group, Floor4, Taleghani hospital, Erabi Ave., Yaman Ave., Chamran highway

City
Tehran

Province
Tehran

Postal code
1985711151

Phone
+98 21 2303 1548

Email
dr.m.bakhtiari@gmail.com

Person responsible for scientific inquiries

Contact

Name of organization / entity
Shahid Beheshti University of Medical Sciences

Full name of responsible person
Abbas Masjedi Arani

Position
Consultant

Latest degree
Ph.D.

Other areas of specialty/work
Psychology

Street address
Psychology Group, Floor4, Taleghani hospital, Erabi Ave., Yaman Ave., Chamran highway

City
Tehran

Province
Tehran

Postal code
1985711151

Phone
+98 21 2303 1548

Email
doctormasjedi@yahoo.com

Person responsible for updating data

Contact

Name of organization / entity
Shahid Beheshti University of Medical Sciences

Full name of responsible person
Mahboobeh Majdi

Position
Ph.D Student

Latest degree
Master

Other areas of specialty/work
Psychology

Street address
No. 12, Floor 6,B a, Kosar Mojtama, Abedi Ave., Saadat Abad

City
Tehran

Province
Tehran

Postal code
1981845611

Phone
+98 21 7734 1880

Email
mahboobeh.majdi@gmail.com

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
There is no more information.

Study Protocol
Yes - There is 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
Yes - There is 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
No - There is not a plan to make this available

Title and more details about the data/document
The main report will publish in appropriate articles

When the data will become available and for how long
6 Months after Article Publication

To whom data/document is available
Only for Scientific and Academic Researchers

Under which criteria data/document could be used
Only for Analysis and Researches around the main topic of this study

From where data/document is obtainable
Contact with Ms. Mahboobeh majdi by this email address: mahboobeh.majdi@gmail.com

What processes are involved for a request to access data/document
Documents will send to his email address, approximately 1 month after request

Comments