

Clinical Trial Protocol

Iranian Registry of Clinical Trials

16 Sep 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; Neuropsychological 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

Neuropsychological Functions Scores in Cambridge Neuropsychological Test Automated Battery (CANTAB)

Timepoint

Measuring Neuropsychological 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

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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.

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info@atiehclinic.com
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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
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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

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

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Master

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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

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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

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

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