

Clinical Trial Protocol

Iranian Registry of Clinical Trials

01 Jul 2026

Comparison of the Transdiagnostic Group Therapy with Group Cognitive Therapy on Indicated Prevention of Anxiety and Depression

Protocol summary

Summary

The main purposes of current study were: first, transdiagnostic group therapy was used for indicated prevention of subclinical anxiety and depressive symptoms and second, transdiagnostic group therapy was compared with group cognitive therapy as a gold standard treatment for anxiety and depression. Participants were selected from college students that had subclinical anxiety and depressive symptoms. They were randomly assigned into two groups. 33 students were participated in 8 weekly sessions. Among participants, 16 persons belong to control group (group cognitive therapy) and 17 persons belong to experimental group (transdiagnostic group therapy). Self-report measures were completed pre-intervention, post-intervention and 3 months post-intervention. Primary evaluation showed that experimental group is more efficacious than cognitive group therapy in reducing anxiety symptoms and improving emotion regulation.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT138903244178N1**

Registration date: **2011-11-28, 1390/09/07**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2011-11-28, 1390/09/07

Registrant information

Name

Abolfazl Mohammadi

Name of organization / entity

Tehran University of Medical Sciences

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Email address

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Recruitment status

Recruitment complete

Funding source

Tehran University of Medical Sciences

Expected recruitment start date

2011-01-21, 1389/11/01

Expected recruitment end date

2011-03-21, 1390/01/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Comparison of the Transdiagnostic Group Therapy with Group Cognitive Therapy on Indicated Prevention of Anxiety and Depression

Public title

Indicated Prevention of Anxiety and Depression

Purpose

Prevention

Inclusion/Exclusion criteria

Inclusion criteria: anxiety and depression symptoms based on the cut-off of 18 and higher in the depression subscale and score of 16 and higher in the anxiety subscale of The Depression, Anxiety, and Stress Scale (DASS-42; Lovibond & Lovibond, 1993). Exclusion criteria: Having axes I or II disorders; receiving psychotherapy or medication; having serious physical problems

Age

From **18 years** old to **40 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **30**

Randomization (investigator's opinion)

Randomized

Randomization description**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**

Tehran University of Medical Sciences

Street address

Floor 6, TUMS Head Office, Keshavars, Blv. Tehran, Iran

City

Tehran

Postal code**Approval date**

2011-08-01, 1390/05/10

Ethics committee reference number

709/130/90/3

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

Anxiety and Depressive symptoms

ICD-10 code

F41.9

ICD-10 code description

Anxiety disorder, unspecified

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

Depressive symptoms

Timepoint

pre, post and after 3 months follow up

Method of measurement

self report

Secondary outcomes**1****Description**

anxiety symptoms

Timepoint

pre, post and after 3 month follow-up

Method of measurement

self report questionnaire

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

Experimental group was participated in transdiagnostic group therapy at 8 weeks for 2 hours. Therapeutic components of transdiagnostic group therapy were including: emotional awareness training, cognitive appraisal and reappraisal, countering emotion driven behaviors and emotional avoidance.

Category

Prevention

2**Description**

Cognitive group therapy as an treatment as usual was used for control group at 8 sessions. Basic techniques of cognitive therapy such as cognitive restructuring and downward arrow were used in control group.

Category

Prevention

Recruitment centers**1****Recruitment center****Name of recruitment center**

Universities in Tehran

Full name of responsible person**Street address****City**

Tehran

Sponsors / Funding sources**1****Sponsor****Name of organization / entity**

Tehran University of Medical Sciences

Full name of responsible person

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No 1, Tehran Psyciatric Institute, Niayesh Sattarkhan,
Tehran, Iran

City

Tehran

Grant name**Grant code / Reference number****Is the source of funding the same sponsor organization/entity?**

Yes

Title of funding source

Tehran University of Medical Sciences

Proportion provided by this source

100

Public or private sector

empty

Domestic or foreign origin

empty

Category of foreign source of funding

empty

Country of origin**Type of organization providing the funding**

empty

Person responsible for general inquiries**Contact****Name of organization / entity**

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Sharing plan**Deidentified Individual Participant Data Set (IPD)**

empty

Study Protocol

empty

Statistical Analysis Plan

empty

Informed Consent Form

empty

Clinical Study Report

empty

Analytic Code

empty

Data Dictionary

empty