

Clinical Trial Protocol

Iranian Registry of Clinical Trials

18 Sep 2026

D comparing psychological capital based therapy with cognitive behavioral therapy on psychological capitals and symptoms of depressed patients.

Protocol summary

Study aim

Comparing the effectiveness of psychological capital therapy and cognitive- behavior therapy on depression symptoms

Design

Clinical trials with control group, randomized to 45 patients. Simple randomization was performed based on the Rank Excel function

Settings and conduct

on the effectiveness of depression treatments. It was done in Isfahan. All three groups were initially assessed for depression and psychological capital by Beck Depression Scale and McGee Psychological Capital. The treatment groups were treated for eight weeks. The final three groups were re-evaluated for depression and psychological capital

Participants/Inclusion and exclusion criteria

adults with mild to moderate depression. Inclusion criteria were age over 18 years, diagnosis of unipolar depression disorder based on DSM-IV criteria, ability to read and write, and normal intelligence. Exclusion criteria were those under 18 years of age, criteria for severe depression, more than 10 sessions of absenteeism.

Intervention groups

One group received psychological capital therapy, the other group received cognitive-behavioral therapy, and the third group waited for treatment.

Main outcome variables

The efficacy of cognitive-behavioral therapy on reducing depressive symptoms ; The efficacy of Psychological Capital Therapy on Depression; Comparison of the Effectiveness of Psychological Capital Therapy and Cognitive-Behavioral Therapy on Depression

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20200114046126N1**

Registration date: **2020-06-29, 1399/04/09**

Registration timing: **registered_while_recruiting**

Last update: **2020-06-29, 1399/04/09**

Update count: **0**

Registration date

2020-06-29, 1399/04/09

Registrant information

Name

abbas mokhtari

Name of organization / entity

Isfahan university

Country

Iran (Islamic Republic of)

Phone

+98 21 4263 2603

Email address

mokhtari_20001@yahoo.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2020-06-14, 1399/03/25

Expected recruitment end date

2020-07-21, 1399/04/31

Actual recruitment start date

2020-06-14, 1399/03/25

Actual recruitment end date

2020-07-21, 1399/04/31

Trial completion date

2020-07-22, 1399/05/01

Scientific title

D comparing psychological capital based therapy with cognitive behavioral therapy on psychological capitals and symptoms of depressed patients.

Public title

comparing psychological capital based therapy

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria:

patients with mild to moderate depression

Exclusion criteria:

major depression disorder

Age

No age limit

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **45**

More than 1 sample in each individual

Number of samples in each individual: **15**

simple random

Actual sample size reached: **45**

Randomization (investigator's opinion)

Randomized

Randomization description

Patients referred to several counseling centers in Isfahan were selected based on the entry and exit criteria of 45 patients who had mild to moderate depressive symptoms. The subjects were randomly assigned to two experimental groups and one control group through statistical software. Each group consisted of 15 people. The first experimental group received behavioral cognitive therapy. The second group received treatment based on psychological capital and the third group remained waiting for treatment.

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 Isfahan University

Street address

NO.12.shahsavan alley. saadi

street.Najafabad.Isfahan

City

Isfahan

Province

Isfahan

Postal code

8513746662

Approval date

2020-06-14, 1399/03/25

Ethics committee reference number

IR.UI.REC.1399.014

Health conditions studied

1

Description of health condition studied

Depression

ICD-10 code

F32.0

ICD-10 code description

Major depressive disorder, single episode, mild

Primary outcomes

1

Description

Depression

Timepoint

Pre test, Post- test, Followup

Method of measurement

Beck Depression Inventory

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: Investigating the Impact of Psychological Capital Therapy on Depression. Treatment is based on the Psychological Capital Protocol in eight training sessions.

Category

Treatment - Other

2

Description

Intervention group: Investigating the effect of cognitive-behavioral therapy on reducing depressive symptoms. Treatment is based on the cognitive-behavioral therapy protocol in eight training sessions

Category

Behavior

3

Description

Control group: Stay tuned for treatment

Category

Behavior

Recruitment centers

1

Recruitment center

Name of recruitment center

Counselling and psychological Centers in Isfahan

Full name of responsible person

Abbas Mokhtari

Street address

No. 12 ,shahasavan alley., saadi street.,Najafabad.,
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Mokhtari_20001@gmail.com

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Isfahan university

Full name of responsible person

Rasoul Roknizade

Street address

No.12, shahsavan alley., Saadi
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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

Isfahan 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

Isfahan University

Full name of responsible person

Abbas Mokhtari

Position

phd. candidate

Latest degree

Master

Other areas of specialty/work

Psychology

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Person responsible for scientific inquiries

Contact

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Isfahan university

Full name of responsible person

Abbas Mokhtari

Position

phd candidate

Latest degree

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Other areas of specialty/work

Psychiatrics

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Email

Person responsible for updating data

Contact

Name of organization / entity

Isfahan university

Full name of responsible person

Abbas Mokhtari

Position

phd Candidate

Latest degree

Master

Other areas of specialty/work

Psychology

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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

Yes - There is a plan to make this available

Clinical Study Report

Yes - There is a plan to make this available

Analytic Code

Yes - There is a plan to make this available

Data Dictionary

Yes - There is a plan to make this available

Title and more details about the data/document

The individual data of the present study can be shared

When the data will become available and for how long

Start the access period 6 months after printing the results

To whom data/document is available

Academic and scientific researchers

Under which criteria data/document could be used

Research data for future research for academic researchers Can be sent

From where data/document is obtainable

Isfahan university central library National library and Archives of I.R. IRAN Abbas mokhtari:
mokhtari_20001@ymail.com Mohammad bagher kajbaf:
m.b. kaj2006@gmail.com Mohammad reza abedi:
dr.mr.abedi@gmail.comnhni

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

The research documents can be accessed via email and will take a maximum of one week

Comments