Clinical Trial Protocol
Iranian Registry of Clinical Trials

17 Sep 2026

Cognitive behavioral stress management effects on depression, anxiety and pain control in patients with migraine headaches.

Protocol summary

Summary

Aim:Cognitive behavioral stress management effects on depression, anxiety and pain control in patients with migraine headaches. We study all patients with migraine who refer to emam reza clinic and vali-asr hospital, Birjand, Iran. After being visited by neurologist, will examine through clinical interview and Beck depression and anxiety test; among them those of their scores is clinically significant, are treated with cognitive behavioral stress management. At the end of the intervention period, we retest Beck depression and anxiety test. Inclusion criteria: patients with migraine headache and patients with significant anxiety and depression test score. Exclusion criterion: lack of regular attendance in classes. Intervention: Holding 8 sessions Class 1/5 hour cognitive behavioral stress management

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT201301144607N2**
Registration date: **2013-02-10, 1391/11/22**
Registration timing: **registered_while_recruiting**

Last update:
Update count: **0**

Registration date

2013-02-10, 1391/11/22

Registrant information

Name

Mohammad Dehghani Firoozabadi

Name of organization / entity

Birjand University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 56 1444 0447

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Recruitment status

Recruitment complete

Funding source

Vice Chancellor for Research and Technology, Birjand University of Medical Sciences

Expected recruitment start date

2013-01-20, 1391/11/01

Expected recruitment end date

2013-02-19, 1391/12/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Cognitive behavioral stress management effects on depression, anxiety and pain control in patients with migraine headaches.

Public title

Psychotherapy effect on anxiety and depression in migraine

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria: patients with migraine headache and patients with significant anxiety and depression test score. Exclusion criterion: lack of regular attendance in classes.

Age

From **20 years** old to **50 years** old

Gender

Female

Phase

N/A
Groups that have been masked
No information
Sample size
Target sample size: **20**
Randomization (investigator's opinion)
N/A
Randomization description
Blinding (investigator's opinion)
Not blinded
Blinding description
Placebo
Not used
Assignment
Single
Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee
Name of ethics committee
Birjand University of Medical Sciences
Street address
Ghaffari Street.Birjand University of Medical Sciences
City
Birjand
Postal code
Approval date
2012-12-31, 1391/10/11
Ethics committee reference number
19

Health conditions studied

1

Description of health condition studied
Migraine
ICD-10 code
G43
ICD-10 code description
common migraine

Primary outcomes

1

Description
Anxiety
Timepoint
preintervention, postintervention
Method of measurement
Beck test

2

Description
Depression
Timepoint
preintervention, postintervention
Method of measurement
Beck test

3

Description
Migraine headache
Timepoint
preintervention, postintervention
Method of measurement
Frequency of headaches

Secondary outcomes

empty

Intervention groups

1

Description
Eight sessions 1/5 hour cognitive behavioral stress management class
Category
Behavior

Recruitment centers

1

Recruitment center
Name of recruitment center
Birjand University of Medical Sciences clinic
Full name of responsible person
Dr.Dehghani Mohammad
Street address
Taleghani Street. Birjand
City
Birjand

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Vice Chancellor for Research and Technology, Birjand University of Medical Sciences
Full name of responsible person
Dr. Zarban Asghar
Street address
Ghaffari Street
City
Birjand
Grant name
Grant code / Reference number

Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
Vice Chancellor for Research and Technology, Birjand 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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Person responsible for updating data

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Web page address

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