

Clinical Trial Protocol

Iranian Registry of Clinical Trials

10 Jun 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

Email address

mdehghani@bums.ac.ir

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

Birjand University of Medical Sciences

Full name of responsible person

Dehghani Firoozabadi Mohammad

Position

Assistant professor, Neurologist

Other areas of specialty/work

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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