

Clinical Trial Protocol

Iranian Registry of Clinical Trials

10 Jun 2026

Cognitive behavioral stress management effects on depression and anxiety in patients with epilepsy

Protocol summary

Summary

Objective: Cognitive behavior stress management effects on depression and anxiety in patients with epilepsy.

Design: Epileptic patients who have clinically significant anxiety and depression test, are being treated with cognitive behavior stress management and will assess the impact of treatment. Setting and conduct: We study all patients with epilepsy 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. Participant: Epileptic patients with anxiety and depression Inclusion criteria: Patients with epilepsy; Patients with significant anxiety and depression test score. Exclusion criteria: Lack of regular attendance in classes. Intervention: Holding 10 sessions Class 2 hour cognitive behavioral stress management Main outcome: Improvement in anxiety and depression

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT201311224607N3**

Registration date: **2014-01-08, 1392/10/18**

Registration timing: **registered_while_recruiting**

Last update:

Update count: **0**

Registration date

2014-01-08, 1392/10/18

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

2013-11-22, 1392/09/01

Expected recruitment end date

2014-02-04, 1392/11/15

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Cognitive behavioral stress management effects on depression and anxiety in patients with epilepsy

Public title

Effect of stress management on depression and anxiety of epileptic patients

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria: Patients with epilepsy; Patients with significant anxiety and depression test score. Exclusion criteria: Lack of regular attendance in classes.

Age

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

Gender

Both

Phase

2

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

Single group semiexperimental clinical trial with pretest and posttest

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, Birjand, Sothern Khorasan, Iran, Islamic Republic Of

City

Birjand

Postal code**Approval date**

2013-08-05, 1392/05/14

Ethics committee reference number

843

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

Anxiety

ICD-10 code

F41

ICD-10 code description

Other anxiety disorders

2**Description of health condition studied**

Depression

ICD-10 code

F32

ICD-10 code description

Depressive episode

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

Anxiety

Timepoint

Preintervention, Postintervention

Method of measurement

Beck test

2**Description**

Depression

Timepoint

Preintervention, Postintervention

Method of measurement

Beck test

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

Timepoint

Method of measurement

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

Ten sessions 2 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. Mohammad Dehghani

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. Asghar Zarban

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

Mohammad Dehghani Firoozabadi

Position

Assistant professor, Neurologist

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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