

Clinical Trial Protocol

Iranian Registry of Clinical Trials

16 Sep 2026

Effectiveness of Brief Cognitive- Behavioral Therapy on reducing suicide ideation in soldiers

Protocol summary

Study aim

Determining the effectiveness of brief cognitive behavioral group therapy on reducing the suicidal ideation of soldiers

Design

Semi-experimental intervention with pre-test-post-test design with control group. Examples include 30 soldiers. Random assignment to experimental and control groups by flip the coin method. Implementation of brief cognitive behavioral therapy treatment protocol for 10 sessions of 60 minutes (2 times a week).

Settings and conduct

Obtaining the necessary administrative coordination with the military barracks of Sanandaj city, distributing questionnaires among the soldiers in a pre-introduced place, selecting soldiers based on inclusion and exclusion criteria, random assignment of samples to groups, obtaining informed consent, starting the intervention, conducting a post-test and data analysis.

Participants/Inclusion and exclusion criteria

Inclusion criteria included: achieving a score of 4 or higher on the Beck Suicidal Ideation Questionnaire, Conscious consent to participate in meetings, and Exclusion criteria also include absence from more than one session and Attending other psychotherapy programs.

Intervention groups

The number of experimental and control groups each consisting of 15 soldiers. Brief cognitive-behavioral therapy protocol will be started for 10 sessions of 60 minutes (twice a week) on the experimental group, while the control group does not receive any intervention.

Main outcome variables

suicidal ideation

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20161122031032N2**

Registration date: **2020-09-21, 1399/06/31**

Registration timing: **registered_while_recruiting**

Last update: **2020-09-21, 1399/06/31**

Update count: **0**

Registration date

2020-09-21, 1399/06/31

Registrant information

Name

mohammad rostami

Name of organization / entity

Counseling department,

Country

Iran (Islamic Republic of)

Phone

+98 21 4495 6210

Email address

mo.rostami@uswr.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2020-08-22, 1399/06/01

Expected recruitment end date

2020-10-10, 1399/07/19

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effectiveness of Brief Cognitive- Behavioral Therapy on reducing suicide ideation in soldiers

Public title

Effect of the Brief Cognitive Behavioral Therapy on suicide ideation.

Purpose

Treatment

Inclusion/Exclusion criteria**Inclusion criteria:**

They were at least 18 years old and older. Score of 4 or higher on the Beck Scale for Suicidal Ideation Have a minimum literacy Having informed consent to participate in meetings

Exclusion criteria:

Participate in other psychotherapy programs Having extremely intense suicidal ideation that require immediate action.

Age

From **18 years** old

Gender

Male

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **30**

Randomization (investigator's opinion)

Randomized

Randomization description

Flip the coin: one of the study groups is considered to be one side of the coin and the other group is considered to be the other side of the coin. Based on the size of the sample(n= 30), the same number of coins are tossed and individuals are randomly assigned to two groups.

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 Baqiyatallah University of Medical Sciences

Street address

Tehran, Vanak Square, Mulla Sadra St. Tel: 88040060

City

تهران

Province

Tehran

Postal code

1435916471

Approval date

2020-03-10, 1398/12/20

Ethics committee reference number

IR.BMSU.REC.1398.089

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

Having suicidal ideation

ICD-10 code

F32

ICD-10 code description

Major depressive disorder, single episode

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

suicidal ideation

Timepoint

Before intervention and 48 hours after intervention

Method of measurement

Beck suicidal ideation scale

Secondary outcomes

empty

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

Intervention group: Implementation of brief cognitive behavioral therapy protocol for 10 sessions of 60 minutes (twice a week).

Category

Treatment - Other

2**Description**

Control group: They will not receive any training or intervention.

Category

Treatment - Other

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

Military barracks in Sanandaj

Full name of responsible person

Jalal Bajalan

Street address

Kurdistan, Sanandaj, Shahid Beheshti Blvd. Kurdistan Corps

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sanandaj
Province
Kurdistan
Postal code
6616947161
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+98 87 3316 0057
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salarrostami@ymail.com

Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Bagheiat-allah University of Medical Sciences
Full name of responsible person
Dr. Fatemeh Rahmati
Street address
Tehran, Vanak Square, Mulla Sadra Street
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fatemeh_rahmaty@yahoo.com

Grant name

Grant code / Reference number

Is the source of funding the same sponsor organization/entity?

No

Title of funding source

Vice Chancellor for Research, Bagheiat-allah University of Medical Sciences

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
Bagheiat-allah University of Medical Sciences
Full name of responsible person
Mohammad Rostami
Position
researcher
Latest degree

Ph.D.

Other areas of specialty/work

Psychology

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Person responsible for updating data

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Sharing plan

Deidentified Individual Participant Data Set (IPD)

Yes - There is a plan to make this available

Study Protocol

No - There is not a plan to make this available

Statistical Analysis Plan

No - There is not a plan to make this available

Informed Consent Form

Yes - There is a plan to make this available

Clinical Study Report

Not applicable

Analytic Code

Not applicable

Data Dictionary

Not applicable

Title and more details about the data/document

Individual participant data includes age, education, marital status and native or non-native. Informed consent form completed by all participants. This form includes information such as the objectives and processes of the study and the confidentiality of the participants' information.

When the data will become available and for how long

Access 6 months after publishing the results

To whom data/document is available

There is no limit

Under which criteria data/document could be used

The data and documentation are available only to researchers who have previously published studies and specialized in the field of suicide.

From where data/document is obtainable

Mohammad Rostami Email:
mohammadrostami6969@gmail.com

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

One day after receiving the request via email

Comments