Clinical Trial Protocol
Iranian Registry of Clinical Trials

14 Nov 2026

Evaluating the effect of cognitive behavioral therapy on Suicidal thoughts and Despair in Suicide Attempters Discharged from educational Hospitals of Urmia at 2020

Protocol summary

Study aim

Determining the effect of cognitive-behavioral therapy on suicidal ideation and despair of suicide attempters discharged from educational and medical centers of Urmia University of Medical Sciences in 1399

Design

Experimental study with a control group, with non-blinded parallel groups, randomized on 60 patients. A table of random numbers was used for randomization.

Settings and conduct

The present study is a clinical trial study in which the effect of cognitive-behavioral therapy on suicidal ideation and despair of those who attempted suicide discharged from the educational and medical centers of Urmia University of Medical Sciences will be investigated.

Participants/Inclusion and exclusion criteria

Inclusion criteria Having a history of suicide at least once; consent to participate in the study;not using other psychotherapy and counseling services during the sessions; not participating in the previous similar study; not having a psychiatric disorder diagnosed by a psychiatrist Physician according to medical record; ability to listen and sit in cognitive-behavioral therapy sessions; age 18 years and older; ability to answer questions Absence conditions Absence from more than two sessions of treatment

Intervention groups

In this experimental study, 60 people will be selected by available sampling method and then randomly divided into two groups of control and intervention (30 people in each group). This intervention will be in 8 sessions of 90-60 minutes with a frequency of two sessions per week. Control group: They will not receive any training.

Main outcome variables

Suicidal thoughts and frustration and deprssion of those who attempt suicide

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20161116030926N8**
Registration date: **2021-08-23, 1400/06/01**
Registration timing: **retrospective**

Last update: **2021-08-23, 1400/06/01**
Update count: **0**

Registration date

2021-08-23, 1400/06/01

Registrant information

Name

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 44 3275 4961

Email address

alilu@umsu.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2020-12-23, 1399/10/03

Expected recruitment end date

2021-04-14, 1400/01/25

Actual recruitment start date

2020-12-25, 1399/10/05

Actual recruitment end date

2021-04-19, 1400/01/30

Trial completion date

2021-07-21, 1400/04/30

Scientific title
Evaluating the effect of cognitive behavioral therapy on Suicidal thoughts and Despair in Suicide Attempters Discharged from educational Hospitals of Urmia at 2020

Public title
Evaluating the effect of cognitive behavioral therapy on Suicidal thoughts and Despair in Suicide Attempters

Purpose
Education/Guidance

Inclusion/Exclusion criteria

Inclusion criteria:
Having a history of suicide at least once Satisfaction to participate in the study Do not use other psychotherapy and counseling services during the sessions Do not participate in previous similar research No psychiatric disorder diagnosed by a psychiatrist according to medical records Having the ability to listen and sit in cognitive-behavioral therapy sessions Age range 18 years and older Having the ability to answer questions

Exclusion criteria:
Absence of more than two sessions of treatment

Age
From **18 years** old

Gender
Both

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **60**
Actual sample size reached: **60**
More than 1 sample in each individual
Actual sample size in each individual: **3**
before- 1month after- 3month after

Randomization (investigator's opinion)
Randomized

Randomization description
We selected 60 patients from the number of discharged patients using a random number table. For this, each patient was assigned a two-digit code, then 2 groups were selected randomly using random numbers table by closed eyes. First we assigned the selected numbers to the first group, then to the second.

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
Oroumia University of Medical Sciences

Street address
Urmia University of Medical Sciences, Resalat Boulevard

City
Urmia

Province
West Azarbaijan

Postal code
5714783734

Approval date
2020-12-23, 1399/10/03

Ethics committee reference number
IR.UMSU.REC.1399.321

Health conditions studied

1

Description of health condition studied
Suicide

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description
Suicidal thoughts

Timepoint
Suicidal ideation score and frustration score before and after the intervention

Method of measurement
Beck Depression Inventory, Beck Suicide Thought Questionnaire and Beck Disappointment Questionnaire

Secondary outcomes

empty

Intervention groups

1

Description
Intervention group: En In this experimental study, 60 people will be selected by available sampling method and then randomly divided into two groups of control and intervention (30 people in each group). This intervention will be in 8 sessions of 90-60 minutes with a frequency of two sessions per week.

Category
Behavior

2

Description

Control group:They will not receive any training.

Category

Behavior

Recruitment centers

1

Recruitment center

Name of recruitment center

Educational and Medical Centers of Urmia University of Medical Sciences Community Verified icon

Full name of responsible person

zahra kermanshahi

Street address

Urmia University of Medical Sciences, Resalat Boulevard

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urmia

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5714783734

Phone

+98 44 3223 4897

Email

zahrakermanshahi13@yahoo.com

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Oroumia University of Medical Sciences

Full name of responsible person

Dr. Leila Alilo

Street address

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alilu@umsu.ac.ir

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Oroumia 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

Oroumia University of Medical Sciences

Full name of responsible person

zahra kermanshahi

Position

nurse

Latest degree

Bachelor

Other areas of specialty/work

Nursery

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Person responsible for scientific inquiries

Contact

Name of organization / entity

Oroumia University of Medical Sciences

Full name of responsible person

leila alilu

Position

Professor

Latest degree

Ph.D.

Other areas of specialty/work

Nursery

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Person responsible for updating data

Contact

Name of organization / entity
Oroumia University of Medical Sciences

Full name of responsible person
leila alilu

Position
Professor

Latest degree
Ph.D.

Other areas of specialty/work
Nursery

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Sharing plan

Deidentified Individual Participant Data Set (IPD)
No - There is not a plan to make this available

Justification/reason for indecision/not sharing IPD
The data will be confidential

Study Protocol
Undecided - It is not yet known if there will be a plan to make this available

Statistical Analysis Plan
Not applicable

Informed Consent Form
Undecided - It is not yet known if there will be a plan to make this available

Clinical Study Report
Not applicable

Analytic Code
Not applicable

Data Dictionary
Not applicable