

Clinical Trial Protocol

Iranian Registry of Clinical Trials

16 Sep 2026

Comparison of efficacy of cognitive-behavioral therapy (CBT) and interpersonal psychotherapy (IPT) on reducing depression during pregnancy and increasing marital satisfaction

Protocol summary

Summary

Because of stresses and demands of new roles and parental responsibilities, These can be a considerable resource of anxiety and depression to new parents. Thus, aim of this study is to decreasing of depression and increasing of marital satisfaction in pregnant women. In order to these purposes, two approaches are used: cognitive-behavioral therapy (CBT) and Interpersonal Psychotherapy (IPT). Participants included in first, second and third trimester of pregnancy period. Statistical sample composed of 36 pregnant women that have been tested by tools of research: Beck Depression Inventory (BDI), Marital satisfaction Inventory (ENRICH). Design of research is pretest- posttest with group control. Expected results are: decreasing of depression and increasing of marital satisfaction.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT201305195181N9**
Registration date: **2013-08-11, 1392/05/20**
Registration timing: **registered_while_recruiting**

Last update:

Update count: **0**

Registration date

2013-08-11, 1392/05/20

Registrant information

Name

Batool Rashidi

Name of organization / entity

Vali E Asr Reproductive Health Research Center

Country

Iran (Islamic Republic of)

Phone

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Email address

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Recruitment status

Recruitment complete

Funding source

Vice Chancellor for research ,Tehran University of Medical sciences

Expected recruitment start date

2013-04-04, 1392/01/15

Expected recruitment end date

2014-04-04, 1393/01/15

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Comparison of efficacy of cognitive-behavioral therapy (CBT) and interpersonal psychotherapy (IPT) on reducing depression during pregnancy and increasing marital satisfaction

Public title

Comparison of efficacy of cognitive-behavioral therapy (CBT) and interpersonal psychotherapy (IPT) on reduction of depression and marital satisfaction during pregnancy.

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion: All of pregnant women included in first, second and third trimesters. Exclusion: All of pregnant women that have used anti- depression drugs lately.

Age

From **18 years** old to **45 years** old

Gender

Female

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: 36

Randomization (investigator's opinion)

Randomized

Randomization description**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**

vice Chancellor for Research ,Tehran University of Medical Science.

Street address

Building of Vice Chancellor for Research, Ghods St., Keshavarz Blvd.

City

Tehran

Postal code**Approval date**

2013-05-04, 1392/02/14

Ethics committee reference number

21897

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

Depression

ICD-10 code

f32.8

ICD-10 code description

Other depressive episodes

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

Depression

Timepoint

Before the intervention an 3 month after the intervention in both group (CBT, IPT)

Method of measurement

Questionnaire(BDI and ENRICH)

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

Marital satisfaction

Timepoint

Before the intervention an 3 month after the intervention in both group (CBT, IPT)

Method of measurement

Questionnaire(BDI and ENRICH)

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

In first group:intervention based on personal behaviors and cognition counseling for two hours 8 session

Category

Lifestyle

2**Description**

In second group:intervention based oninter personal relationship counseling for two hours 8 session

Category

Lifestyle

3**Description**

In third group or control group , intervention is not used.

Category

Lifestyle

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

Vali-asr Reproductive Health Research Center

Full name of responsible person

Ali GHaredaghi

Street address**City**

Tehran

Sponsors / Funding sources**1****Sponsor**

Name of organization / entity

Vice Chancellor for Research,Tehran University of
Medical Sciences

Full name of responsible person

mostofi

Street address

Building of Vice Chancellor for Research, Ghods St.,
Keshavarz Blvd.

City

Tehran

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,Tehran 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

Vali-e-Asr reproductive HealthnResearch center

Full name of responsible person

Ali Gharedaghi

Position

PHD

Other areas of specialty/work

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Person responsible for updating data

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Full name of responsible person

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Position

Research expert

Other areas of specialty/work

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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