Clinical Trial Protocol
Iranian Registry of Clinical Trials

16 Sep 2026

Compiling of metacognitive analytical therapy protocol using intervention mapping and its effect on ego strength and reducing anxiety and depression of nurses involved with covid -19

Protocol summary

Study aim

The aim of this study was to develop an analytical metacognitive therapy protocol using intervention mapping and its effect on my ability and reduce anxiety and depression of nurses involved with Covid-19 patients.

Design

In the first stage, the intervention protocol is developed using cartography, in the second stage, the impact of the metacognitive analytical treatment protocol components is measured as an intervention for the nurse with the diagnosis of mild, moderate and severe depression.

Settings and conduct

The intervention is done for each person individually at Ali Bin Abi Talib Hospital in Zahedan.

Participants/Inclusion and exclusion criteria

The participant must have at least a nursing degree and at least one year of work experience, be at least 23 and at most 30 years old, not have a severe physical or psychological illness, not receive psychological services from another person, and be female.

Intervention groups

Three people will be selected with a diagnosis of mild, moderate and severe anxiety and depression, and the research objectives will be discussed in detail and the baseline test will be performed until the scores of the dependent variables are stable. Then analytical metacognitive therapy intervention is performed. During the intervention, a test will be performed for each participant after each treatment session (before the start of the next session). After the intervention, the last test will be taken with a maximum interval of one week.

Main outcome variables

Increase ego strenghth-Reduce anxiety-Reduce depression

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20180705040356N1**
Registration date: **2023-04-19, 1402/01/30**
Registration timing: **prospective**

Last update: **2023-04-19, 1402/01/30**
Update count: **0**

Registration date

2023-04-19, 1402/01/30

Registrant information

Name

Rahim Shahbakhsh

Name of organization / entity

Tehran University of science and culture

Country

Iran (Islamic Republic of)

Phone

+98 21 4423 8171

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rahimshabakhsh@gmail.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2023-04-21, 1402/02/01

Expected recruitment end date

2023-05-20, 1402/02/30

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title
Compiling of metacognitive analytical therapy protocol using intervention mapping and its effect on ego strength and reducing anxiety and depression of nurses involved with covid -19

Public title
Compiling of metacognitive analytical therapy protocol using intervention mapping and its effect on ego strength and reducing anxiety and depression of nurses involved with covid -19

Purpose
Health service research

Inclusion/Exclusion criteria
Inclusion criteria:
Having at least a bachelor's degree in nursing Having at least one year of work experience in different departments of Zahedan hospitals Having satisfaction and willingness to cooperate Being at least 23 years old and at most 30 years old Failure to report any other severe physical or psychological illness at the initial screening interview Not using the psychological services of another person at the same time Having a low score and a maximum of 40% of my ability questionnaire score being female
Exclusion criteria:
Anxiety and depression with psychotic features Severe disability in one of the five senses Severe mood swings

Age
From **23 years** old to **30 years** old

Gender
Female

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **3**

Randomization (investigator's opinion)
N/A

Randomization description

Blinding (investigator's opinion)
Not blinded

Blinding description

Placebo
Not used

Assignment
Single

Other design features
One type of intervention will be conducted on three groups of one person with mild, moderate and severe anxiety and depression

Secondary Ids

empty

Ethics committees

1

Ethics committee
Name of ethics committee
Royan Research Institute - Academic Jihad
Street address
Royan Research Institute- NO 9- UNIT 10- Royan Alley- Hafez East St-Bani Hashem St- Resalat Highway- Tehran
City
Tehran
Province
Tehran
Postal code
۱۴۶۱۹۶۸۱۵۱

Approval date
2021-04-12, 1400/01/23

Ethics committee reference number
IR.ACECR.ROYAN.REC.1401.010

Health conditions studied

1

Description of health condition studied
Mixed anxiety and depressive disorder

ICD-10 code
F41.2

ICD-10 code description
Mixed anxiety and depressive disorder

Primary outcomes

1

Description
Increase Ego strength score

Timepoint
7، 14، 21، 28، 35، 42، 49، 56، 62، 69، 75

Method of measurement
Makström Ego Strength Questionnaire

2

Description
Decreased anxiety score

Timepoint
7، 14، 21، 28، 35، 42، 49، 56، 62، 69، 75

Method of measurement
Beck anxiety questionnaire

3

Description
Decreasing the depression score

Timepoint
7، 14، 21، 28، 35، 42، 49، 56، 62، 69، 75

Method of measurement
Beck depression questionnaire

Secondary outcomes

1

Description
Increase my strength score
Timepoint
One week after each treatment session and one hour before the next treatment session, measurement will be done, which will be done eleven times in the process of implementing the protocol.
Method of measurement
Makström Ego Strength Questionnaire

2

Description
Decreased anxiety score
Timepoint
One week after each treatment session and one hour before the next treatment session, measurement will be done, which will be done eleven times in the process of implementing the protocol.
Method of measurement
Beck anxiety questionnaire

3

Description
Decreasing the depression score
Timepoint
One week after each treatment session and one hour before the next treatment session, measurement will be done, which will be done eleven times in the process of implementing the protocol.
Method of measurement
Beck depression questionnaire

Intervention groups

1

Description
Intervention group: Three people with the diagnosis of mild, moderate and severe anxiety and depression will be selected and a detailed discussion will be conducted regarding the objectives of the research and a baseline test will be performed until the scores of the dependent variables are stable. Then metacognitive analytic treatment intervention is performed. During the intervention for each participant, after each treatment session (before the start of the next session), the test will be administered. After the end of the intervention, the last test will be taken with a maximum interval of one week.
Category
Treatment - Other

Recruitment centers

1

Recruitment center
Name of recruitment center
Zahedan University of Medical Sciences
Full name of responsible person
Rahim Shahbakkhsh
Street address
Unit8- Building 1- Varzesh Residential Complex- Alley 19- Enghelab Street
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Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Tehran University of Science and Culture
Full name of responsible person
Musa Itharbakhsh
Street address
Tehran University of Science and Culture- Bahar Street - Shahid Qomoshi Street- Ashrafi Esfahani Boulevard.
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Phone
+98 21 4423 8171
Email
info@usc.ac.ir
Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
Tehran University of Science and Culture
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
Tehran University of Science and Culture

Full name of responsible person
Ali Soleimani

Position
Assistant Professor, Department of Psychology, Tehran University of Science and Culture

Latest degree
Ph.D.

Other areas of specialty/work
Psychology

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Person responsible for scientific inquiries

Contact

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Full name of responsible person
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Position
Doctoral student of Clinical Psychology, Tehran University of Science and Culture

Latest degree
Master

Other areas of specialty/work
Psychology

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Person responsible for updating data

Contact

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Rahim Shahbakhsh

Position
Doctoral student of Clinical Psychology, Tehran University of Science and Culture

Latest degree
Master

Other areas of specialty/work
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Sharing plan

Deidentified Individual Participant Data Set (IPD)
Yes - There is a plan to make this available

Study Protocol
Yes - There is a plan to make this available

Statistical Analysis Plan
Yes - There is a plan to make this available

Informed Consent Form
Yes - There is a plan to make this available

Clinical Study Report
Yes - There is a plan to make this available

Analytic Code
Yes - There is a plan to make this available

Data Dictionary
Yes - There is a plan to make this available

Title and more details about the data/document
The research results will be available after publication.

When the data will become available and for how long
The data will be available from March 2024

To whom data/document is available
researchers

Under which criteria data/document could be used
For therapeutic and research purposes

From where data/document is obtainable
Science and Culture University Library

What processes are involved for a request to access data/document
By referring to the library of the University of Science and Culture and submitting a request regarding the research results

Comments