

Clinical Trial Protocol

Iranian Registry of Clinical Trials

17 Sep 2026

Effectiveness of combining cognitive group therapy with dietary therapy versus dietary therapy on self-efficacy and weight loss in obese women

Protocol summary

Summary

Objective: The aim of this study is to compare the efficacy of the combination cognitive group therapy and dietary therapy versus dietary therapy on weight loss and self-efficacy in obese women. Design: A comparative study design with pre and post test, is also semi-experimental method. Setting and conduct: 16 obese women are randomly assigned to a combining cognitive therapy with dietary therapy group (N=8) or dietary therapy group (N=8). Participants including major eligibility criteria: Participants are women with a BMI equal or greater than 30, at least 18 years old and education was at least a diploma. Interventions: Cognitive group therapy is limited to 20 sessions and 2 hours once a week. Dietary intervention also was administrated as usual treatment. Dietary treatment is carried out every two weeks and limits to 8 sessions. Main outcome measure: Weight is measured in both groups of participants at the beginning and after treatment. Self-efficacy: to compare and evaluate self-efficacy, The "Weight Efficacy Life Style Questionnaire" is administrated for both groups at the beginning and after the treatment.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT201107317174N1**

Registration date: **2012-05-28, 1391/03/08**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2012-05-28, 1391/03/08

Registrant information

Name

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Name of organization / entity

Kordestan University

Country

Iran (Islamic Republic of)

Phone

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Recruitment status

Recruitment complete

Funding source

Vice Chancellor for Research, Minimally Invasive Surgery Research Center, Tehran University of Medical Sciences

Expected recruitment start date

2012-02-20, 1390/12/01

Expected recruitment end date

2012-03-18, 1390/12/28

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effectiveness of combining cognitive group therapy with dietary therapy versus dietary therapy on self-efficacy and weight loss in obese women

Public title

Effectiveness of combining cognitive group therapy with dietary therapy versus dietary therapy on self-efficacy and weight loss in obese women

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria: BMI equal to or greater than 30; at least 18 years old, at least a diploma education; do not

receive a psychotherapy or other applications that are affective on weight loss or gain. Exclusion criteria: Pregnant or planning to pregnancy; menopause; receiving psychotropic drugs; addiction; Axis I: Clinical disorders including major depression disorder, psychotics disorder and substance use disorders. Axis II: Personality disorders and intellectual disabilities. Axis III: Acute medical conditions and physical disorders that affect to the obesity treatment. Axis IV: Psychosocial and environmental factors contributing to the obesity treatment.

Age

From **18 years** old

Gender

Female

Phase

2-3

Groups that have been masked

No information

Sample size

Target sample size: **16**

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

Ethics Committee of Tehran University of Medical Sciences

Street address

Tehran University of Medical Sciences, Keshavarz Bolvar

City

Tehran

Postal code

Approval date

2012-01-01, 1390/10/11

Ethics committee reference number

40589-14156-14002-90

Health conditions studied

1

Description of health condition studied

obesity

ICD-10 code

E66

ICD-10 code description

Obesity due to excess calories

Primary outcomes

1

Description

Weight

Timepoint

Weight is measured in the beginning and after the treatment.

Method of measurement

Weight is measured by a scale with sensitivity of 100 grams.

2

Description

Self- Efficacy

Timepoint

Self-efficacy is measured at the before and after the treatment.

Method of measurement

weight efficacy life style questionnaire

Secondary outcomes

empty

Intervention groups

1

Description

Cognitive group therapy is based on the treatment manual and limited to 20 sessions and 2 hours once a week.

Category

Other

2

Description

Dietary intervention is administrated as usual treatment and carried out every two weeks and limited to 8 sessions.

Category

Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Minimally Invasive Surgery Research Center

Full name of responsible person

Hamid Reza Sasanfar

Street address

Rasool Akram Hospital, Niaiesh Street

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**

Akbar Fotohi

Street addressKeshavar blovar, Tehran University of Medical
Sciences**City**

Tehran

Grant name**Grant code / Reference number****Is the source of funding the same sponsor
organization/entity?**

Yes

Title of funding sourceVice 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**

Kurdistan University

Full name of responsible person

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MS. Student

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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*