Clinical Trial Protocol
Iranian Registry of Clinical Trials

08 Nov 2026

Comparison of Metacognitive Therapy (MCT) Effectiveness and Cognitive-Behavioral Therapy (CBT) in Patients with Major Depressive Disorder (MDD)

Protocol summary

Summary
The aim of this study was to compare the efficacy of metacognitive therapy (MCT) and Cognitive-Behavior therapy in treating Iranian patients with MDD. Method: Thirty-Three outpatients meeting DSM-IV-TR criteria for MDD without any other axis I and II disorder will randomly assigned to one of three treatment conditions: MCT, CBT and Pharmacotherapy treatment. The Beck Depression Inventory-II-Second Edition (BDI-II), Beck Anxiety Inventory (BAI), Metacognitions Questionnaire-Short Form (MCQ-30), Ruminative Response Scale (RRS) and Dysfunctional Attitude Scale (DAS) will administered at pre-treatment, post-treatment and Follow-up. Data were analyzed by repeated measure ANOVA

General information

Acronym

IRCT registration information
IRCT registration number: **IRCT201108147328N1**
Registration date: **2011-12-24, 1390/10/03**
Registration timing: **retrospective**

Last update:
Update count: **0**

Registration date
2011-12-24, 1390/10/03

Registrant information
Name
Ahmad Ashouri
Name of organization / entity
Tehran University of Medical Science
Country
Iran (Islamic Republic of)
Phone
+98 21 6655 1585
Email address
ahmad.ashouri@gmail.com

Recruitment status
Recruitment complete

Funding source
Tehran university of medical science-Tehran psychiatric institute and ,mental health research center

Expected recruitment start date
2010-05-22, 1389/03/01

Expected recruitment end date
2010-10-23, 1389/08/01

Actual recruitment start date
empty

Actual recruitment end date
empty

Trial completion date
empty

Scientific title
Comparison of Metacognitive Therapy (MCT) Effectiveness and Cognitive-Behavioral Therapy (CBT) in Patients with Major Depressive Disorder (MDD)

Public title
Comparison of Metacognitive Therapy (MCT) Effectiveness and Cognitive-Behavioral Therapy (CBT) in Patients with Major Depressive Disorder (MDD)

Purpose
Treatment

Inclusion/Exclusion criteria
]Inclusion criteria: Having diagnosis criteria for MDD based on the psychiatrist and psychologist ;diagnoses through diagnostic interview and results of the SCID-I/CV test;Receiving no psychological therapies during six months before participation in the study; Being at least 18 aged to 50; Having at least third level of guidance school; Signing the letter of satisfaction by the patients for participating in the study; Exclusion criteria: Having

psychotic symptoms; drug abuse and other psychological disorders placed at Axis I plus having serious suicidal thought as they could not receive and maintain medications; Having complete criteria of personality disorder at Axis II by psychiatrist and psychologist diagnoses through diagnostic interview and results of the SCID-II test.

Age
From **18 years** old to **55 years** old

Gender
Both

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **33**

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
Tehran University of Medical Science/Ethics Committee

Street address
Ghods St, Keshavarz Bvd, Tehran, Iran, I. R.

City
Tehran

Postal code

Approval date
2011-07-02, 1390/04/11

Ethics committee reference number
130/727/90/D

Health conditions studied

1

Description of health condition studied
Major Depression Disorder

ICD-10 code
F32.2

ICD-10 code description
Severe depressive episode without psychotic symptoms

Primary outcomes

1

Description
Depression Severity

Timepoint
pre-test-post-test-follow-up

Method of measurement
BDI-II

2

Description
Anxiety

Timepoint
pre-test-post-test-follow-up

Method of measurement
BAI

3

Description
Rumination

Timepoint
pre-test-post-test-follow-up

Method of measurement
ruminative response scale (RRS)

4

Description
Metacognitive Beliefs

Timepoint
pre-test-post-test-follow-up

Method of measurement
Metacognitions Questionnaire-Short Form (MCQ-30),

5

Description
Dysfunctional Attitde

Timepoint
pre-test-post-test-follow-up

Method of measurement
Dysfunctional Attitude Scale (DAS)

Secondary outcomes

empty

Intervention groups

1

Description
exprimental groups 1- metacognitive therapy 8 session

Category
Treatment - Other

2

Description

control : pharmachotherapy

Category

Treatment - Drugs

3

Description

Experimental Group 2 Cognitive Behavior Therapy

Category

Behavior

Recruitment centers

1

Recruitment center

Name of recruitment center

Tehran Psychiatric Institue

Full name of responsible person

Maryam AliMohammadi

Street address

Tehran Psychiatric Institue, Niayesh St, Sattarkhan Ave, Tehran, Iran

City

Tehran

2

Recruitment center

Name of recruitment center

Taban Health & Diabet Clinic

Full name of responsible person

Street address

Taban Health & Diabet Clinics, Derakhti Blvd, Tehran, Iran

City

Tehran

3

Recruitment center

Name of recruitment center

Private Office of Psychiatry and Clinical Psychology

Full name of responsible person

Street address

Psychiatry & Clinical Psychology Clinic, 14 th Alley, Mofatteh St, Shahid Beheshti Ave, Tehran, Iran

City

Tehran

4

Recruitment center

Name of recruitment center

Oil Company Hospital

Full name of responsible person

Street address

Oil Company Hospital, Tehran, Iran

City

Tehran

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Tehran University of Medical Science, Tehran Psychiatric Institue and Mental Health Research Center

Full name of responsible person

Taban

Street address

Tehran Psychiatric Institue

City

Tehran

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Tehran University of Medical Science, Tehran Psychiatric Institue and Mental Health Research Center

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

Tehran University of Medical Science, Tehran Psychiatric institute

Full name of responsible person

Ahmad Ashouri

Position

PhD Student

Other areas of specialty/work

Street address

Tehran Psychiatric Institue

City

Tehran

Postal code

Phone

+98 912 675 4044

Fax

Email

ahmad.ashouri@gmail.com

Web page address

Person responsible for scientific inquiries

Contact

Name of organization / entity
Tehran University of Medical Science, Tehran
Psychiatric institute
Full name of responsible person
Ahmad Ashouri
Position
PhD Student
Other areas of specialty/work
Street address
Tehran Psychiatric Institue
City
Tehran
Postal code
Tehran
Phone
+98 912 675 4044
Fax
Email
ahmad.ashouri@gmail.com
Web page address

Person responsible for updating data

Contact
Name of organization / entity
Full name of responsible person
Ahmad Ashouri
Position
Other areas of specialty/work
Street address
City
Postal code
Phone
Fax
Email
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