Clinical Trial Protocol
Iranian Registry of Clinical Trials

16 Sep 2026

Effect of grouptherapy on anxiety and depression of dialysis patients

Protocol summary

Summary

The objective of this clinical trial is to investigate the effect of cognitive behavioral group therapy on anxiety and depression of hemodialysis patients. In this study, 36 patients who meet the inclusion and exclusion criteria will be recruited and randomly assigned into intervention or control group. The patients in the intervention group will receive cognitive behavioral group therapy for 12 sessions. The patients in the control group will not receive any intervention. After the intervention, intensity of anxiety and depression will be measured and compared between the two groups.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT201109177573N1**
Registration date: **2011-11-07, 1390/08/16**
Registration timing: **retrospective**

Last update:
Update count: **0**

Registration date

2011-11-07, 1390/08/16

Registrant information

Name
Zahra Sepehrmanesh

Name of organization / entity
Kashan University of Medical Sciences

Country
Iran (Islamic Republic of)

Phone
+98 36 1444 3025

Email address
ahmadvand-a@kaums.ac.ir

Recruitment status

Recruitment complete

Funding source

Akhavan Hospital

Expected recruitment start date

2008-01-20, 1386/10/30

Expected recruitment end date

2008-04-20, 1387/02/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effect of grouptherapy on anxiety and depression of dialysis patients

Public title

Effect of group therapy in dialysis patients

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria: age between 18-45 years, having an education level at least as primary school, score of 8 and more in Beck anxiety interview and score of 16 and more in Beck depression interview Exclusion criteria: presence of severe medical problem

Age

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

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **18**

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
Kashan University of Medical Sciences
Street address
Kashan
City
Kashan
Postal code
Approval date
2008-11-02, 1387/08/12
Ethics committee reference number
29/5/1/3247

Health conditions studied

1

Description of health condition studied
Anxiety and depression
ICD-10 code
F32
ICD-10 code description
Depressive episode

Primary outcomes

1

Description
Intensity of depression
Timepoint
before and after intervention
Method of measurement
Beck depression test

2

Description
Intensity of anxiety
Timepoint
Before and after intervention
Method of measurement
anxiety test

Secondary outcomes

empty

Intervention groups

1

Description
Intervention includes cognitive becavioral group therapy in 12 section , each section last for 60 to 90 minutes. these sections carried out by clinical psychologist and nurse. Sections of grouptherapy includes ; section 1:Group members were introduced and was explained rules . Section 2 and 3 : needs and problems of patients was declared and answered to them such as illness and its consequences and drugs . in the next sections(4-12) grouptherapist (psychologist)explain these issues 1) our feelings are made by our thoughts. 2) train thoughts analysing to patients. 3) train finding of problematic thoughts 4-5)chang of incorrect thoughts .6) education of relaxtion in end of each section .7-8-9) train of self-punishment and self-admiration10-11-12) train logical analysis and imagination method.
Category
Rehabilitation

2

Description
control group recieved no intervention
Category
N/A

Recruitment centers

1

Recruitment center
Name of recruitment center
Akhavan Hospital
Full name of responsible person
Zahra Sepehrmanesh
Street address
Akhavan Hospital, Kashan
City
Kashan

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Akhavan Hospital
Full name of responsible person
Zahra Sepehrmanesh
Street address
Akhavan Hospital
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Kashan
Grant name

000

Grant code / Reference number

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

Yes

Title of funding source

Akhavan Hospital

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

Kashan University of Medical Sciences

Full name of responsible person

Zahra Sepehrmanesh

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Assistant Professor

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