

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

02 Jul 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 behavioral group therapy in 12 sections, each section last for 60 to 90 minutes. These sections carried out by clinical psychologist and nurse. Sections of group therapy includes; section 1: Group members were introduced and 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) group therapist (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) change of incorrect thoughts. 6) education of relaxation in end of each section. 7-8-9) train of self-punishment and self-admiration. 10-11-12) train logical analysis and imagination method.

#### Category

Rehabilitation

### 2

#### Description

control group received 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  
**City**  
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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## Person responsible for scientific inquiries

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## Person responsible for updating data

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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*