Clinical Trial Protocol
Iranian Registry of Clinical Trials

17 Sep 2026

The Comparison Study of Effectiveness of Cognitive–Behavior Therapy and Teasdale Mindfulness-Based Cognitive Therapy of Infertile Depressed Women’s Rumination

Protocol summary

Summary
This study is a comparison between the effectiveness of the cognitive behviour therapy and the mindfulness-based cognitive therapy (MBCT) on the decrease of the ruminative response on women suffering from depression. For this means 30 women who have been diagnosed with infertility by gynecologists and depression according to the Beck 2 Depression inventory have been chosen and have been assigned randomly into two groups, one experimental and one control group each contains 10 members. For one of the groups during twelve sessions (two hours a week) cognitive behaviour therapy and for the other group eight sessions (two hours a week) mindfulness-based cognitive therapy (MBCT) will be applied. At the start of the process, the end and one month later they will be tested on the ruminative response scale.

General information

Acronym
IRCT registration information
IRCT registration number: **IRCT201111027981N1**
Registration date: **2011-12-26, 1390/10/05**
Registration timing: **retrospective**

Last update:
Update count: **0**
Registration date
2011-12-26, 1390/10/05

Registrant information
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Name of organization / entity
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Recruitment status
Recruitment complete
Funding source
Allameh university

Expected recruitment start date
2011-10-22, 1390/07/30
Expected recruitment end date
2011-12-06, 1390/09/15
Actual recruitment start date
empty
Actual recruitment end date
empty
Trial completion date
empty

Scientific title
The Comparison Study of Effectiveness of Cognitive–Behavior Therapy and Teasdale Mindfulness-Based Cognitive Therapy of Infertile Depressed Women’s Rumination

Public title
Comparing the techniques of cognitive behavior therapy in reducing the minds of rumination
Purpose
Treatment
Inclusion/Exclusion criteria
Inclusion criteria: diagnosis of infertility according to gynecologists; infertility for at least one year; age range of 20 to 45; diagnosed as depression according to the results of beck 2 depression inventory; high school educated. Exclusion criteria: having a history of pregnancy prior to the infertility diagnosis; going under

psychological treatment or taking medication for psychological problems.

Age
From **20 years** old to **45 years** old

Gender
Female

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **30**

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
Allameh university

Street address
Faculty of Psychology and Educational Sciences, Allameh Tabatabaei University, Olympic Village, west Hemmat Highway

City
Tehran

Postal code

Approval date
2011-04-26, 1390/02/06

Ethics committee reference number
1397-83

Health conditions studied

1

Description of health condition studied
Rumination

ICD-10 code
F00-F99

ICD-10 code description
Mental and behavioural disorders

Primary outcomes

1

Description
Rrduce Rumination

Timepoint
The end of period

Method of measurement
Rumination scale response

Secondary outcomes

1

Description
Recurrent rumination

Timepoint
One month after treatment

Method of measurement
Rumination scale response

Intervention groups

1

Description
First group: Twelve 2-hours weekly sessions will be held and the mitigation and prevention of rumination will be taught according to Beck cognitive-behavioral treatment subjects. At the end of each session, homework is given to individuals and the beginning of the next session the performance and results will be discussed.

Category
Other

2

Description
Second group: Eight 2-hours weekly sessions for prevention and control methods based on cognitive-based rumination mind awareness (Tyzdl). At the end of each session, homework is given to individuals and the beginning of the next session the performance and results will be discussed. In this study, the control group received no drug or psychological treatment.

Category
Other

Recruitment centers

1

Recruitment center

Name of recruitment center
Dr.Tavazo, Ladies Clinic

Full name of responsible person

Street address

City
Shiraz

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Allameh University
Full name of responsible person
Dr.Ahmad Borjali
Street address
Faculty of Psychology and Educational Sciences, Allameh Tabatabaei University, Olympic Village, Hemmat Highway
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Tehran
Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
Allameh University
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
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Person responsible for updating data

Contact

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