Clinical Trial Protocol
Iranian Registry of Clinical Trials

18 Sep 2026

A Comparative Study on the effect of Positive Psychotherapy and Group Cognitive-BehaviorTherapy for decreasing depression and increasing happiness and subjective wellbeing in Patients suffering from Major Depressive Disorder

Protocol summary

Summary

Aim: Aim of this experimental study is evaluating the effec of Positive psychotherapy and group cognitive-behavior therapy in patients suffering from major depressive disorder.Inclusion and exclusion criteria: The inclusion criteria adopted for this studywere having major depressive disorder accordingto DSM IV – TR and exclusion criteria were having full criteria for axisI andII mental disorders . community, sample size and intervention: Eighteen out-patients suffering from major depression were randomly divided into two groups to be treated according to either of these two approaches. Both groups undertook the treatments for 12 weeks.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT201201268829N1**
Registration date: **2012-04-18, 1391/01/30**
Registration timing: **retrospective**

Last update:
Update count: **0**

Registration date

2012-04-18, 1391/01/30

Registrant information

Name
Negar Asgharipoor
Name of organization / entity
Tehran Psychiatry Institute
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Iran (Islamic Republic of)
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Recruitment status

Recruitment complete

Funding source

none

Expected recruitment start date

2011-09-23, 1390/07/01

Expected recruitment end date

2011-12-22, 1390/10/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

A Comparative Study on the effect of Positive Psychotherapy and Group Cognitive-BehaviorTherapy for decreasing depression and increasing happiness and subjective wellbeing in Patients suffering from Major Depressive Disorder

Public title

psychotherapy for depression

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria:having major depressive disorder criteria as identified by DSM IV – TR in axis1; hold a degree of junior high school at least; being in the age range of 20 to 40 years old; dont have any history of psychotherapy Exclusion criteria:Being identified with psychotic symptoms; Being addicted to substances; Having the complete criteria as defined for other

disorders in axis I; having serious thoughts of committing suicide; Having complete criteria as defined for personality disorders in axisII

Age

From **17 years** old to **40 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

mental health center

Street address

sattarkhan tehran psychiatry institute

City

tehran

Postal code

Approval date

2011-08-02, 1390/05/11

Ethics committee reference number

730/130/1390/د

Health conditions studied

1

Description of health condition studied

depression

ICD-10 code

F32.2

ICD-10 code description

An episode of depression in which several of the above symptoms are marked and distressing, typically loss of self-esteem and ideas of worthlessness or guilt. Suicidal thoughts and acts are common and a number of

Primary outcomes

1

Description

depression

Timepoint

before and after treatment

Method of measurement

Beck depressioninventory

2

Description

Subjective unitsof distress

Timepoint

before and after treatment

Method of measurement

SUDS

3

Description

happiness

Timepoint

before and after treatment

Method of measurement

oxford happiness test

4

Description

subjective wellbeing

Timepoint

before and after treatment

Method of measurement

SWB

Secondary outcomes

empty

Intervention groups

1

Description

The subjects attended two-hour sessions per week for a total of twelve weeks meeting in Pardis Centre of Consulting and Psychological Services in Mashhad. As for group cognitive-behavioral treatment, the first six sessions were specified to using the behavioral techniques such as, welcoming and orientation, self-awareness and self-caring, daily activity scheduling, and behavioral assignments. During the last six sessions, the participants were acquainted with the cognitive techniques including teaching ABC technique, describing negative automatic thoughts and cognitive distortions, downward arrow, testing beliefs, logical analysis, self-reward and self punishment.

Category

Other

2

Description
positive psychotherapy sassionswere as follows:. identify potential capabilities and strengths ,look for ways of strengthening those potentials afterwards. activity for finding the ways of appreciating positive affairs in life, describing four life styles: Nihilism, pleasure-seeking, competition and happiness (four coordinate axes) and their role in achieving happiness, producing life map andranking daily activities based on pleasure and meaningfulness as well as noting down the time allotted to each activity. hierarchy of values and coordinate life styles with the highest rank of values in the hierarchy,problem solving technique and summary and feedback.

Category
Other

Recruitment centers

1

Recruitment center

Name of recruitment center
Pardis Consulting Center

Full name of responsible person
Negar Asgharipoor

Street address
Number 11, Avenue 13, Jahanbani Street, Mashhad

City
Mashhad

Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Tehran University of Medical Sciences

Full name of responsible person
Negar Asgharipoor

Street address
7th floor, Tehran University of Medical Sciences, Keshavarz Blvd, Tehran

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 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
Tehran Psychiatry Institute

Full name of responsible person
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Position
PhD

Other areas of specialty/work

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Person responsible for updating data

Contact

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Azad Islamic University

Full name of responsible person
Hamid Reza Arshadi

Position
Psychiatrist

Other areas of specialty/work

Street address

City

Postal code

Phone
00
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