

Clinical Trial Protocol

Iranian Registry of Clinical Trials

01 Jul 2026

Efficacy of mindfulness-based cognitive therapy in depression, anger, rumination and the ability of emotional regulation in dysthymic patients

Protocol summary

Summary

This study aimed to assess the efficacy of mindfulness based cognitive therapy method on dysthymic patients. For this purpose, we selected 50 clients who had referred to some of psychiatric clinics of shiraz, Iran, and had dysthymic disorder criteria; then, we assigned them into two groups of intervention and control. For the intervention group the psychotherapy method will be carried out in eight sessions of 2 to 2.5 hours and one session a week in addition to receiving medication. The control group receives only medication without any other psychotherapy method. Variables that will be assessed in this study through questionnaires are severity of depression, aggression, the ability of emotional regulation and rumination. The intervention group will fill out the questionnaires before and after the intervention, and the control group will fill out the questionnaires during a 2 month period. The results will be statistically compared with each other at the end of the therapy.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT201203259330N1**

Registration date: **2012-04-12, 1391/01/24**

Registration timing: **registered_while_recruiting**

Last update:

Update count: **0**

Registration date

2012-04-12, 1391/01/24

Registrant information

Name

Sajedeh Hamidian

Name of organization / entity

Shiraz university of medical sciences

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Recruitment status

Recruitment complete

Funding source

Shiraz university of medical sciences

Expected recruitment start date

2011-12-22, 1390/10/01

Expected recruitment end date

2012-04-19, 1391/01/31

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Efficacy of mindfulness-based cognitive therapy in depression, anger, rumination and the ability of emotional regulation in dysthymic patients

Public title

The effect of mindfulness based cognitive therapy on dysthymic disorder

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria: having at least 2 years of depression according to diagnostic criteria of DSM-VI-TR for Dysthymic Disorder; age older than 18 years; minimum diploma in education. Exclusion criteria: receiving any other psychotherapy in addition to attending in therapy sessions for intervention group; receiving any psychotherapy meanwhile using medicine for control group; having an episode of psychosis, mania or a

diagnosed personality disorder; using drugs or alcohol;
having thought, ideation or an active plan for suicide;
having depression due to a concurrent physical problem.

Age

From **18 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **50**

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

Shiraz university of medical sciences

Street address

Central building, Shiraz university of medical sciences, Zand st.

City

Shiraz

Postal code

71345-1978

Approval date

2012-03-08, 1390/12/18

Ethics committee reference number

CT-90-5964

Health conditions studied

1

Description of health condition studied

Dysthymic Disorder

ICD-10 code

F34.1

ICD-10 code description

Dysthymia

Primary outcomes

1

Description

Depression

Timepoint

before and after the intervention

Method of measurement

BDI-II (Beck Depression Inventory-II)

Secondary outcomes

1

Description

Agression

Timepoint

before and after the intervention

Method of measurement

state-trait aggression inventory spilberger

2

Description

Rumination

Timepoint

before and after the intervention

Method of measurement

Rumination questionnaire

3

Description

emotional regulation

Timepoint

before and after the intervention

Method of measurement

disturbances in emotional regulation inventory

Intervention groups

1

Description

Control group :only pharmacotherapy

Category

Treatment - Drugs

2

Description

Intervention group: the mbct (mindfulness based cognitive therapy) method that is carried out in 8 sessions, once a week, each session lasts 2 to 2.5 hours plus pharmacotherapy.

Category

Behavior

Recruitment centers

1

Recruitment center

Name of recruitment center

Clinic of Imam Reza

Full name of responsible person

Dr. Ali Sahraeiyan

Street address

Namazi square

City

Shiraz

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Shiraz university of medical sciences

Full name of responsible person

Dr. Gholamreza Hatam

Street address

Shiraz University of Medical Science, central building,
next to Red crescent building ,zand street

City

Shiraz

Grant name**Grant code / Reference number****Is the source of funding the same sponsor organization/entity?**

Yes

Title of funding source

Shiraz 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

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Position

MSc student in clinical psychology

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Person responsible for scientific inquiries

Contact

Name of organization / entity

Kashan university of medical sciences

Full name of responsible person

Dr. Abdollah Omidi

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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