Clinical Trial Protocol
Iranian Registry of Clinical Trials

17 Sep 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

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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 unversity 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 agression 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 Scinece, central building, next to Red cresent 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

Other areas of specialty/work

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Person responsible for scientific inquiries

Contact

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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