Clinical Trial Protocol
Iranian Registry of Clinical Trials

22 Nov 2026

The effects of cognitive behavior group therapy on suicidal ideation and self-esteem in patients with mojor depression

Protocol summary

Summary

This is a clinical trial study to elucidate the effect of the behavioral cognitive group therapy on the suicidal ideation and self esteem in patents that suffer from major depression. The study are established in Rajaei hospital in Yasouj city. Among all the hospitalized patients, 40 patients participate in this project and all are selected randomly. The volunteers arrange in control and experimental groups. In brief, inclusion criteria is depression score higher than 29 according to "Beck depression questionnaire" and exclusion criteria are no tendency in patient to participate in the study. After getting informed consent, data collection will establish by "Beck depression questionnaire". Moreover, the intervention in experimental group includes cognitive behavioral group therapy in 8 sessions. Both groups continue their drug therapy in all steps of study. The variables are: suicidal ideation and self-esteem.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2016013026263N1**
Registration date: **2016-11-30, 1395/09/10**
Registration timing: **retrospective**

Last update:
Update count: **0**

Registration date

2016-11-30, 1395/09/10

Registrant information

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Amin Haghgoo
Name of organization / entity
Yasouj University of Medical Sciences
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Iran (Islamic Republic of)
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Recruitment status

Recruitment complete

Funding source

Vice chancellor for research of Yasouj University of Medical Sciences

Expected recruitment start date

2015-03-20, 1393/12/29

Expected recruitment end date

2015-11-01, 1394/08/10

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effects of cognitive behavior group therapy on suicidal ideation and self-esteem in patients with mojor depression

Public title

How does suicidal thoughts and self-esteem can affected by cognitive behavior group therapy in patients who suffer from major depression?

Purpose

Treatment

Inclusion/Exclusion criteria

The following are the criteria for inclusion to the study: 1- Patients who have been diagnosed with major depression by an expert specialist physician (psychiatrist) according to the DSM V criteria for major depression. 2- Patients who have Beck depression score higher than 29. 3- Patients who have Beck suicidal score higher than 4. 4- Before enrolling the patients into the clinical trial all of

them have to consent to participate in this study. So, informed consent is collected according to guidelines from the fields of medical ethics and research ethics. Also, the exclusion factors are listed below: 1- Patients who have been diagnosed with other psychiatric disorders by an expert specialist physician (psychiatrist). 2- Lack of tendency of the patients to continue participation in the study or moving to other clinics.

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: **40**

Randomization (investigator's opinion)
Randomized

Randomization description

Blinding (investigator's opinion)
Not blinded

Blinding description

Placebo
Not used

Assignment
Parallel

Other design features
Due to the sample size, random number table uses. So, patients who have odd numbers classified in the experimental (interventional) and who have even number classified in control group.

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee
Ethics committee of Yasuj University of Medical Sciences

Street address
Yasuj University of Medical Sciences, No. 105, Blvd. Shahid Motahari, Yasouj, Iran

City
Yasuj

Postal code
7591741417

Approval date
2014-11-01, 1393/08/10

Ethics committee reference number
93080108

Health conditions studied

1

Description of health condition studied
Major Depression

ICD-10 code
F92.0

ICD-10 code description
Depressive conduct disorder

Primary outcomes

1

Description
Suicide ideation

Timepoint
Pre-intervention , One week after intervention , One month after intervention

Method of measurement
Beck suicide ideation questionaire

Secondary outcomes

1

Description
Self-esteem

Timepoint
Pre-intervention , One week after intervention , One month after intervention

Method of measurement
Rozenberg self-esteem questionaire

Intervention groups

1

Description
In experimental group beside the routine drug therapy that was prescribed by the relevant psychiatrist, the group therapy with a behavioral cognitive approach will establish by clinician or a clinical technician (a clinical psychologist or an expert nurse). In addition, this intervention includes 2 session per week for 4 continuous weeks. It should be noted that each session group therapy will be 90 minutes.

Category
Behavior

2

Description
The control group will continue to take their routine drugs that was prescribed by the relevant psychiatrist. So, unlike the experimental group there is no intervention for this group.

Category
Behavior

Recruitment centers

1

Recruitment center

Name of recruitment center
Shahid Rajai hospitals and health clinic of Shahid Mofateh

Full name of responsible person
Mehran Pouzesh

Street address
No. 40, Imam Hossein Sq, Shahid Rajai psychiatric hospital , Yasouj, Iran

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Vice chancellor for research of Yasouj University of Medical Sciences

Full name of responsible person
Mehdi Akbar Tabar

Street address
Yasouj University of Medical Sciences, No. 2, Shahid Jalil street, Yasouj, Iran

City
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Grant name

Grant code / Reference number

Is the source of funding the same sponsor organization/entity?
Yes

Title of funding source
Vice chancellor for research of Yasouj 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
Yasuj University of Medical Sciences

Full name of responsible person
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Position
Associate professor of nursing

Other areas of specialty/work

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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