Clinical Trial Protocol
Iranian Registry of Clinical Trials

08 Nov 2026

Comparison of the effect of transdiagnostic group therapy with cognitive group therapy in deduction of university students symptoms of adjustment disorder and promoting their happiness and quality of life with primary diagnosis of adjustment disorder

Protocol summary

Summary

The purpose of this study is comparison of the effect of transdiagnostic group therapy with cognitive group therapy in deduction of university students' symptoms of adjustment disorder, depression and anxiety and promoting their happiness and quality of life with primary diagnosis of adjustment disorder. Global plan of this study is pre-test post-test with control group (cognitive group therapy as a standard treatment). The population is university students with adjustment disorder and the sample of it, is 30 university students with this kind of diagnosis (15 people in experimental group or transdiagnostic group and 15 people in control group or cognitive group). Inclusion criterion: having adjustment disorder diagnosis with depressed mood and anxiety symptoms (scores in depression and anxiety should be more than the cut of the inventories). Exclusion criteria: other diagnosis of axis I such as grief, MDD, psychosis, PTSD; drug abuse; giving another psychological treatment or using psychiatric drugs and physical defects. Transdiagnostic group therapy should be 9 sessions (each session is 2 hours in a week) and cognitive group therapy should be 10 sessions (each session is 2 hours in a week). The expected conclusion is deduction of adjustment symptoms and promoting of life quality and happiness.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2012102211206N1**
Registration date: **2013-07-05, 1392/04/14**
Registration timing: **retrospective**
Last update:
Update count: **0**

Registration date

2013-07-05, 1392/04/14

Registrant information

Name
Saeedeh Zenoozian
Name of organization / entity
Tehran Psychiatry Institute
Country
Iran (Islamic Republic of)
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Recruitment status

Recruitment complete

Funding source

Iran University of Medical Sciences

Expected recruitment start date

2013-04-21, 1392/02/01

Expected recruitment end date

2013-06-20, 1392/03/30

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Comparison of the effect of transdiagnostic group therapy with cognitive group therapy in deduction of university students symptoms of adjustment disorder and promoting their happiness and quality of life with primary diagnosis of adjustment disorder

Public title
Effect of transdiagnostic group therapy and cognitive group therapy in deduction of university students symptoms of adjustment disorder
Purpose
Treatment
Inclusion/Exclusion criteria
Inclusion criterion: having adjustment disorder diagnosis with depressed mood and anxiety symptoms(scores in depression and anxiety should be more than the cut of the inventories). Exclusion criteria: other diagnosis of axis I such as grief, MDD, psychosis, PTSD; drug abuse; giving another psychological treatment or using psychiatric drugs and physical defects.
Age
From **18 years** old to **40 years** old
Gender
Both

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
Mental Health Research Center,Tehran University of Medical Sciences
Street address
tehran psychiatry institute- mansouri street--niayesh street-sattarkhan-Tehran-Iran
City
tehran
Postal code
1445613111
Approval date
2013-02-23, 1391/12/05
Ethics committee reference number
3078

Health conditions studied

1

Description of health condition studied
Adjustment disorders
ICD-10 code
F43.2
ICD-10 code description
Adjustment disorders

Primary outcomes

1

Description
Adjustment disorder symptoms
Timepoint
Before intervention and after intervention
Method of measurement
Structured clinical interview for DSM-IV

2

Description
Depression
Timepoint
Before intervention and after intervention
Method of measurement
Beck depression inventory

3

Description
Anxiety
Timepoint
Before intervention and after intervention
Method of measurement
Beck anxiety inventory

4

Description
General function
Timepoint
Before intervention and after intervention
Method of measurement
Work and social adjustment scale

5

Description
Happiness
Timepoint
Before intervention and after intervention
Method of measurement
Oxford happiness interview

6

Description
Quality of life
Timepoint

Before intervention and after intervention

Method of measurement

World health organization quality of life-BREEF

Secondary outcomes

empty

Intervention groups

1

Description

Experimental group with 15 members will receive transdignostic treatment for 9 weekly sessions(each session will be 2 hours). At the last session the group members should complete the inventories again as post-test.

Category

Behavior

2

Description

The control group with 15 members will receive cognitive group therapy for 10 sessions(each session is 2 hours). At the last session they should complete the inventories again as post-test. the members can be absent just for 2 sessions and more than it is not acceptable and they will be dropped out of therapy.

Category

Behavior

Recruitment centers

1

Recruitment center

Name of recruitment center

Councelling center of Sanaati Sharif University

Full name of responsible person

Saeedeh Zenoozian

Street address

Councelling center- Sharif university-Azadi street

City

Tehran

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Iran University of Medical Sciences

Full name of responsible person

Dr Rasul Farasat Kish

Street address

Second floor- Central building- Iran University of Medical Sciences-next tomilad tower-shahid hemmat autoban-Tehran- Iran

City

Tehran

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Iran 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

Saeedeh Zenoozian

Position

PhD student of clinical psychology

Other areas of specialty/work

Street address

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Person responsible for scientific inquiries

Contact

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Full name of responsible person

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Position

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Other areas of specialty/work

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Person responsible for updating data

Contact

Name of organization / entity

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Full name of responsible person

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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