Clinical Trial Protocol
Iranian Registry of Clinical Trials

09 Nov 2026

The Effectiveness of Group Behavior Activation Therapy on Attributional Styles, Depression and Quality of life in Patients with Breast Cancer

Protocol summary

Summary

Objectives: this study aims to investigate the effectiveness of the group behavior activation therapy on attributional styles, depression and quality of life in females with breast cancer. Materials and Methods: this research is a quasi-experimental study with a pretest-posttest control group design. In 2015, from all patients referring to Mashhad Omid hospital, 30 individuals with breast cancer were selected through available sampling method and were randomly assigned to two experimental and control groups. Implementation: the experimental group underwent group behavior activation therapy during 8 weeks while the control group followed the ordinary course of the sessions provided by the Omid hospital. Attributional Style Questionnaire (ASQ), Short Form Health Survey (SF-36) and Beck Depression Inventory-IIBDI-II) were used in the pretest and posttest. Inclusion criteria consisted of the following: the final diagnosis of developing breast cancer by the physician; signing a written consent form to participate in the study, and having at least a diploma for education. Exclusion criteria were as follows: mental retardation; suicide attempt at the beginning of the study; personality and psychotic disorders; using alcohol and addictive drugs, and absence of more than two sessions. Interventions: the experimental group underwent group behavior activation therapy during 8 weeks while the control group followed the ordinary course of the Omid hospital programs. Attributional Style Questionnaire (ASQ), Short Form Health Survey (SF-36) and Beck Depression Inventory-IIBDI-II) were applied in the pretest and posttest. The main outcome variables: Attributional Styles, quality of life and depression.

General information

Acronym

GBAT

IRCT registration information

IRCT registration number: **IRCT201602083372N2**
Registration date: **2016-03-16, 1394/12/26**
Registration timing: **retrospective**

Last update:
Update count: **0**

Registration date

2016-03-16, 1394/12/26

Registrant information

Name

Hossein Shareh

Name of organization / entity

Iran University of Medical Sciences, Tehran Psychiatric Institute; Hakim Sabzevari University

Country

Iran (Islamic Republic of)

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Recruitment status

Recruitment complete

Funding source

Iran University of Medical Sciences

Expected recruitment start date

2016-01-21, 1394/11/01

Expected recruitment end date

2016-02-20, 1394/12/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The Effectiveness of Group Behavior Activation Therapy on Attributional Styles, Depression and Quality of life in

Patients with Breast Cancer

Public title
The Effect of Group Behavior Activation Therapy in Patient with Breast Cancer
Purpose
Treatment
Inclusion/Exclusion criteria
Inclusion criteria: the final diagnosis of developing breast cancer by the physician; signing a written consent form to participate in the study, and having at least a diploma for education. Exclusion criteria: mental retardation; suicide attempt at the beginning of the study; personality and psychotic disorders; using alcohol and addictive drugs, and absence of more than two sessions.
Age
From **20 years** old to **60 years** old
Gender
Female

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
Of all the patients with breast cancer referring to the Mashhad Omid hospital in 2015, 30 individuals were selected through available sampling method and were randomly (Using a table of random numbers) assigned to two experimental and control groups.

Secondary Ids

empty

Ethics committees

1

Ethics committee
Name of ethics committee
Azad University of Neishabur
Street address
Iran, Neishabur, Pajoheshstreet,Azad University of Neishabur
City
Neishabur
Postal code
Approval date
2015-10-02, 1394/07/10
Ethics committee reference number
23420701922023

Health conditions studied

1

Description of health condition studied
Breast Cancer
ICD-10 code
C50.8
ICD-10 code description
Malignant neoplasm: Overlapping lesion of breast

Primary outcomes

1

Description
Depression
Timepoint
Befor and after intervention
Method of measurement
Beck Depression Inventory-II (BDI-II)

2

Description
Quality of life
Timepoint
Befor and after intervention
Method of measurement
Short Form Health Survey (SF-36)

3

Description
Attributional Styles
Timepoint
Befor and after intervention
Method of measurement
Attributional Style Questionnaire (ASQ)

Secondary outcomes

empty

Intervention groups

1

Description
The control group spent the routine process of the sessions held by the Omid hospital.
Category
N/A

2

Description
The experimental group received group activation behavior therapy for eight weeks
Category

Behavior

Recruitment centers

1

Recruitment center
Name of recruitment center
Mashhad Omid hospital
Full name of responsible person
Dr. Soudabeh Shahid Sales
Street address
Mashhad-Omid hospital
City
Mashhad

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Research Center of Hakim Sabzevari University
Full name of responsible person
Hossein Shareh
Street address
Hakim Sabzevari University, Tohid City, Sabzevar, Khorasan-e- Razavi, Iran
City
Sabzevar
Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
Research Center of Hakim Sabzevari University
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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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