Clinical Trial Protocol
Iranian Registry of Clinical Trials

07 Nov 2026

Effectiveness of Mindfulness Based Cognitive Therapy and Rumination Focused Cognitive Behavioral Therapy on cognitive, behavioral, and emotional components of depression in depressed teenage girls following a suicide attempt

Protocol summary

Study aim

Because the role of depression in suicide attempt is significant, the present study aims to examine how and to what extent mindfulness based cognitive therapy and rumination cognitive behavioral therapy affect cognitive, behavioral, and emotional components of depression.

Design

This study will design a pre-post design using a control group and two intervention arms. Assessments will be made at the beginning, after the fifth week at the end of treatment and at 2 months follow-up.Two arm parallel group randomized trial with control group.

Settings and conduct

In this study adolescent girls who attempted suicide and referred to the Samen-al-aemeh Imam Hassan Bojnourd City Hospital were studied. After a diagnostic interview and a Beck Depression Inventory 2, they enter the study if the BDI_II score is above 14 and do not require medication according to the psychiatrist's instructions. They are then randomly assigned to three groups. Examples of each group are 10 individuals.

Participants/Inclusion and exclusion criteria

Inclusion criteria: adolescent girls who come to the hospital with suicide attempt and have definite depression disorder definite depression disorder after reviewing through structured clinical interview and Beck-II Depression Inventory Exclusion criteria: having a personality disorder and receiving any current biological or psychological treatment

Intervention groups

There are three groups in this study. Participants in the first group receive mindfulness-based cognitive therapy individually, and the second group receive rumination-focused cognitive behavioral therapy individually. The third group is control subjects who do not receive any treatment intervention.

Main outcome variables

Find out which components of the study respond best to treatment;depressive adolescent with high rumination responds to which treatment; How is the RFCBT compared to the MBCT?

General information

Reason for update

Acronym

MBCT and RFCBT

IRCT registration information

IRCT registration number: **IRCT20191012045068N1**
Registration date: **2019-12-22, 1398/10/01**
Registration timing: **registered_while_recruiting**

Last update: **2019-12-22, 1398/10/01**
Update count: **0**

Registration date

2019-12-22, 1398/10/01

Registrant information

Name

hadi Izanloo

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 58 3223 0371

Email address

izanloo.hadi@yahoo.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2019-12-22, 1398/10/01

Expected recruitment end date

2020-03-10, 1398/12/20

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effectiveness of Mindfulness Based Cognitive Therapy and Rumination Focused Cognitive Behavioral Therapy on cognitive, behavioral, and emotional components of depression in depressed teenage girls following a suicide attempt

Public title

Effect of Mindfulness Based Cognitive Therapy and Rumination Focused Cognitive Behavioral Therapy in Depression

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria:

Teenage girls who went to the hospital with suicide attempts. After the interview and questionnaire depression disorder is definite

Exclusion criteria:

Drug use for the past six months Personality Disorders and Comorbidity Other Disorders Based on Diagnostic Interview Use of any psychological intervention in the past year

Age

From **14 years** old to **19 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

This study uses simple and individualized randomization. And also the random number table is used as a tool. In this study, subjects are not related to each other.

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

Ethics committee of North Khorasan University of Medical Sciences

Street address

No. 8, Shahid Reza Emami 30 Alley., North Shahid Reza Emami Ave

City

Bojnourd

Province

North Khorasan

Postal code

9415938943

Approval date

2019-11-16, 1398/08/25

Ethics committee reference number

IR.NKUMS.REC.1398.099

Health conditions studied

1

Description of health condition studied

Depression

ICD-10 code

F32

ICD-10 code description

Major depressive disorder, single episode

Primary outcomes

1

Description

Depression score on Beck questionnaire

Timepoint

Measure depression score at baseline, fifth week, end and two months later

Method of measurement

Beck-II Depression Inventory

Secondary outcomes

1

Description

Anxiety score on Beck Anxiety Inventory

Timepoint

Anxiety score at baseline, end and two months later

Method of measurement

Beck Anxiety Inventory

2

Description

Rumination score on Rumination Response Scale

Timepoint

Rumination score at baseline, fifth week, end and two months later

Method of measurement

Rumination Response Scale

3

Description

The score of cognitive coping strategies in Cognitive Emotion Regulation Questionnaire

Timepoint

Measure of cognitive emotion regulation score at baseline, end and two months later

Method of measurement

Cognitive Emotion Regulation Questionnaire

4

Description

suicidal ideation score on Suicide Probability Scale

Timepoint

Measure of suicidal ideation score at baseline, end and two months later

Method of measurement

Cull & Gill Suicide Probability Scale

5

Description

Impulsiveness score on Barratt Impulsiveness Scale

Timepoint

Measure of impulsiveness score at baseline, end and two months later

Method of measurement

Barratt Impulsiveness Scale

6

Description

Depression-related beliefs score on Motabi Scale

Timepoint

Measure of depression-related beliefs score at baseline, end and two months later

Method of measurement

Motabi Depression-Related Beliefs Scale

7

Description

Anxious arousal score on Mood and Anxiety Symptoms Questionnaire

Timepoint

Measure of anxious arousal score at baseline, fifth week, end and two months later

Method of measurement

Mood and Anxiety Symptoms Questionnaire

8

Description

Hopelessness score on Suicide Probability Scale

Timepoint

Measure of hopelessness score at baseline, end and two months later

Method of measurement

Cull & Gill Suicide Probability Scale

9

Description

Negative self-evaluation score on Suicide Probability Scale

Timepoint

Measure of negative self-evaluation score at baseline, end and two months later

Method of measurement

Cull & Gill Suicide Probability Scale

10

Description

Anhedonia score on Mood and Anxiety Symptoms Questionnaire

Timepoint

Measure of anhedonia score at baseline, fifth week, end and two months later

Method of measurement

Mood and Anxiety Symptoms Questionnaire

Intervention groups

1

Description

Intervention group 1: The group that will receive mindfulness based cognitive therapy weekly for ten sessions.

Category

Treatment - Other

2

Description

Intervention group 2: The group that will receive rumination focused cognitive behavioral therapy weekly for ten sessions.

Category

Treatment - Other

3

Description

Control group: A group that does not receive intervention.

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center

Imam Hassan Hospital

Full name of responsible person

Ramin Haghighi

Street address

Imam Hassan Hospital, Pardis Town, Arkan Road

City

بجنورد

Province

North Khorasan

Postal code

9415938943

Phone

+98 58 3151 4100

Fax

+98 58 3151 4002

Email

izanloo.hadi@yahoo.com

Web page address

2

Recruitment center

Name of recruitment center

Samen-Al-aemeh Hospital

Full name of responsible person

Behzad Ramezani Farkhani

Street address

Samen-Al-aemeh Hospital, Chamran Street, Bojnourd

City

Bojnourd

Province

North Khorasan

Postal code

9418634758

Phone

+98 58 3223 1851

Fax

+98 58 3222 1384

Email

samen.hos@tamin.ir

Web page address

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Islamic Azad University

Full name of responsible person

Seyed Hassan Hashemi

Street address

Islamic Azad University , Birjand Branch, end of Ghaffari Blvd

City

Birjand

Province

South Khorasan

Postal code

9717813118

Phone

+98 56 3131 0000

Fax

+98 56 3234 5511

Email

r.khosravi@iaubir.ac.ir

Web page address

http://www.iaubir.ac.ir

Grant name

Grant code / Reference number

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

No

Title of funding source

Islamic Azad University

Proportion provided by this source

100

Public or private sector

Private

Domestic or foreign origin

Domestic

Category of foreign source of funding

empty

Country of origin

Type of organization providing the funding

Academic

Person responsible for general inquiries

Contact

Name of organization / entity

Islamic Azad University

Full name of responsible person

Hadi Izanloo

Position

Phd student

Latest degree

Master

Other areas of specialty/work

Psychology

Street address

No. 8, 30 Shahid Emami Alley, Shahid Reza Nurth St, Bojnourd City

City

Bojnourd

Province

North Khorasan

Postal code

9415938943

Phone

+98 58 3223 0371

Fax

Email

izanloo.hadi@yahoo.com

Person responsible for scientific inquiries

Contact

Name of organization / entity

Islamic Azad University

Full name of responsible person

Fatemeh Shahabizadeh

Position

Associate Professor

Latest degree

Ph.D.

Other areas of specialty/work

Psychology

Street address

Islamic Azad University , Birjand Branch, end of Ghaffari Blvd

City

Birjand

Province

South Khorasan

Postal code

9717813118

Phone

+98 56 3131 0000

Email

f_shahabizadeh@yahoo.com

Person responsible for updating data

Contact

Name of organization / entity

Islamic Azad University

Full name of responsible person

Hadi Izanloo

Position

Phd student

Latest degree

Master

Other areas of specialty/work

Psychology

Street address

No. 8, 30 Shahid Emami Alley, Shahid Reza Nurth St, Bojnourd City

City

Bojnourd

Province

North Khorasan

Postal code

9415938943

Phone

+98 58 3223 0371

Fax

Email

izanloo.hadi@yahoo.com

Sharing plan

Deidentified Individual Participant Data Set (IPD)

Undecided - It is not yet known if there will be a plan to make this available

Study Protocol

Undecided - It is not yet known if there will be a plan to make this available

Statistical Analysis Plan

Yes - There is a plan to make this available

Informed Consent Form

Yes - There is a plan to make this available

Clinical Study Report

Yes - There is a plan to make this available

Analytic Code

Undecided - It is not yet known if there will be a plan to make this available

Data Dictionary

Undecided - It is not yet known if there will be a plan to make this available

Title and more details about the data/document

After identifying individuals, demographic data and data from the intervention's effect on the dependent variables will be shared

When the data will become available and for how long

One year after the results were published

To whom data/document is available

Researchers, scientific and academic institutions

Under which criteria data/document could be used

If the analysis is done on the data according to the two indicators including depression and suicide attempt. also, all statistical information if quantitative (not qualitative) is cited

From where data/document is obtainable

hadi izanloo izanloo.hadi@yahoo.com 09361952262

What processes are involved for a request to access data/document

Individuals can request by email after submitting their identities and by referring them to the relevant organization.

Comments