# Clinical Trial Protocol
# Iranian Registry of Clinical Trials

08 Nov 2026

## Comparison of the Transdiagnostic Group Therapy with Group Cognitive Therapy on Indicated Prevention of Anxiety and Depression

## Protocol summary

**Summary**

The main purposes of current study were: first, transdiagnostic group therapy was used for indicated prevention of subclinical anxiety and depressive symptoms and second, transdiagnostic group therapy was compared with group cognitive therapy as a gold standard treatment for anxiety and depression. Participants were selected from college students that had subclinical anxiety and depressive symptoms. They were randomly assigned into two groups. 33 students were participated in 8 weekly sessions. Among participants, 16 persons belong to control group (group cognitive therapy) and 17 persons belong to experimental group (transdiagnostic group therapy). Self-report measures were completed pre-intervention, post-intervention and 3 months post-intervention. Primary evaluation showed that experimental group is more efficacious than cognitive group therapy in reducing anxiety symptoms and improving emotion regulation.

## General information

**Acronym**

**IRCT registration information**

IRCT registration number: **IRCT138903244178N1**
Registration date: **2011-11-28, 1390/09/07**
Registration timing: **retrospective**

Last update:
Update count: **0**

**Registration date**

2011-11-28, 1390/09/07

**Registrant information**

**Name**

Abolfazl Mohammadi

**Name of organization / entity**

Tehran University of Medical Sciences

**Country**

Iran (Islamic Republic of)

**Phone**

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**Email address**

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**Recruitment status**

**Recruitment complete**

**Funding source**

Tehran University of Medical Sciences

**Expected recruitment start date**

2011-01-21, 1389/11/01

**Expected recruitment end date**

2011-03-21, 1390/01/01

**Actual recruitment start date**

empty

**Actual recruitment end date**

empty

**Trial completion date**

empty

**Scientific title**

Comparison of the Transdiagnostic Group Therapy with Group Cognitive Therapy on Indicated Prevention of Anxiety and Depression

**Public title**

Indicated Prevention of Anxiety and Depression

**Purpose**

Prevention

**Inclusion/Exclusion criteria**

Inclusion criteria: anxiety and depression symptoms based on the cut-off of 18 and higher in the depression subscale and score of 16 and higher in the anxiety subscale of The Depression, Anxiety, and Stress Scale (DASS-42; Lovibond & Lovibond, 1993). Exclusion criteria: Having axes I or II disorders; receiving psychotherapy or medication; having serious physical problems

**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**
Tehran University of Medical Sciences
**Street address**
Floor 6, TUMS Head Office, Keshavars, Blv. Tehran, Iran
**City**
Tehran
**Postal code**
**Approval date**
2011-08-01, 1390/05/10
**Ethics committee reference number**
709/130/90/ɔ

## Health conditions studied

### 1

**Description of health condition studied**
Anxiety and Depressive symptoms
**ICD-10 code**
F41.9
**ICD-10 code description**
Anxiety disorder, unspecified

## Primary outcomes

### 1

**Description**
Depressive symptoms
**Timepoint**
pre, post and after 3 maonth follow up
**Method of measurement**
self report

## Secondary outcomes

### 1

**Description**
anxiety symptoms
**Timepoint**
pre, post and after 3 month follow-up
**Method of measurement**
self report questionaire

## Intervention groups

### 1

**Description**
Experimental group was participated in transdiagnostic group therapy at 8 weeks for 2 hours. Therapeutic components of transdiagnostic group therapy were including: emotional awareness training, cognitive appraisal and reappraisal, countering emotion driven behaviors and emotional avoidance.
**Category**
Prevention

### 2

**Description**
Cognitive group therapy as an treatment as usual was used for control group at 8sessons. Basic techniques of cognitive therapy such as cognitive restructuring and down ward arrow were used in control group.
**Category**
Prevention

## Recruitment centers

### 1

**Recruitment center**
**Name of recruitment center**
Universities in Tehran
**Full name of responsible person**
**Street address**
**City**
Tehran

## Sponsors / Funding sources

### 1

**Sponsor**
**Name of organization / entity**
Tehran University of Medical Sciences
**Full name of responsible person**
Abolfazl Mohammadi

**Street address**
No 1, Tehran Psyciatric Institute, Niayesh Sattarkhan, 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**
Tehran 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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**Full name of responsible person**
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Doctoral Candidate in clinical psychology
**Other areas of specialty/work**
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## Person responsible for scientific inquiries

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## Person responsible for updating data

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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*