Clinical Trial Protocol
Iranian Registry of Clinical Trials

07 Nov 2026

Impacts of Journaling on Anxiety and stress and Depression in Iranian Multiple Sclerosis society patients in Tehran 2010

Protocol summary

Summary

Objective: The aim of this study is to assess the effect of applying Journaling on Anxiety,Depression and Stress in patients with Multiple Sclerosis. Design: This study is a randomized clinical trial with Interventional and control groups. Setting and Conduct: 80 multiple sclerosis patients coming to Association of multiple Sclerosis patients charity, in Tehran, Iran selected by inclusion criteria and assessed by Depression, Anxiety and Stress Scale (DASS-21) then study intervention was down for intervention group, and after intervention patients of two groups reassessed with DAS-21 and results compared within and between groups. Participants and inclusion and exclusion criteria : 80 multiple sclerosis patients that divided two groups by random allocation. 40 patients for intervention group and 40 patients for control group. Inclusion criteria is diagnosis of Multiple Sclerosis, At least six months history of disease, age between 20 years to 40 years, moderate severity of disease. Exclusion criteria is relapse of disease, Hospitalization, increasing severity of disease to sever mode. Intervention: participants must writes negative feelings and emotions about his/her disease and traumatic event, 30 minutes a day for 30 days (one month). After 1 month patients of two groups reassessed with DASS-21 questionnaire. No intervention was done in the control group.In end of study results was compared within and between groups by paired T-test, chi square, analysis of variance by SPPS software. Main outcome: Level of Depression, Anxiety, Stress.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2012071810315N1**
Registration date: **2012-12-06, 1391/09/16**
Registration timing: **retrospective**
Last update:
Update count: **0**

Registration date

2012-12-06, 1391/09/16

Registrant information

Name

Masoud Fallahi Khoshknab

Name of organization / entity

University of Social WIfare & Rehabilitation(USWR)

Country

Iran (Islamic Republic of)

Phone

+98 21 2218 0036

Email address

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Recruitment status

Recruitment complete

Funding source

Vice chancellor for research University of Social Welfare and Rehabilitation Sciences, Tehran, Iran.

Expected recruitment start date

2010-03-20, 1388/12/29

Expected recruitment end date

2010-09-21, 1389/06/30

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Impacts of Journaling on Anxiety and stress and Depression in Iranian Multiple Sclerosis society patients in Tehran 2010

Public title

Depression, Anxiety and stress in Multiple Sclerosis patients

Purpose
Treatment
Inclusion/Exclusion criteria
Inclusion criteria: "Age: 20-40 years"; " six months history of disease"; " physical and mental ability to move, writing and self care"; "both sex male and female". Exclusion criteria: "Relapse of disease" ; " Hospitalization" ; " Severity of disease" ; " increasing disability to move" ; " writing disability" ; " self care disability".
Age
From **20 years** old to **40 years** old
Gender
Both

Phase
2
Groups that have been masked
No information
Sample size
Target sample size: **80**
Randomization (investigator's opinion)
Randomized
Randomization description
Blinding (investigator's opinion)
Single blinded
Blinding description
Placebo
Not used
Assignment
Parallel
Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee
Name of ethics committee
Research commitee of University of Social Welfare and Rehabilitation Sciences
Street address
University of Social Welfare and Rehabilitation Sciences, Kodakyar St, Daneshjoo Ave, Evin, Tehran, Iran
City
Tehran
Postal code
1681944511
Approval date
2012-11-19, 1391/08/29
Ethics committee reference number
13678.91.801.ت.

Health conditions studied

1

Description of health condition studied
Multiple Sclerosis
ICD-10 code
G35
ICD-10 code description
Demyelinating diseases of the central nervous system

Primary outcomes

1

Description
Stress
Timepoint
Before and after intervention
Method of measurement
Depression, Anxiety, Stress Scale (DASS-21)

2

Description
Anxiety
Timepoint
Before and after intervention
Method of measurement
Depression, Anxiety, Stress Scale (DASS-21)

Secondary outcomes

1

Description
Depression
Timepoint
Before and after intervention
Method of measurement
Depression, Anxiety and Stress Scale (DASS-21)

Intervention groups

1

Description
Intervention of this study is named " journalism". Journalism is catharsis of emotions and feeling by writing was down in intervention group and any intervention wasn't down in control group.
Category
Behavior

2

Description
The control group did not receive any intervention. only routine treatment continued.
Category
Behavior

Recruitment centers

1

Recruitment center

Name of recruitment center
Iranian Multiple Sclerosis Society

Full name of responsible person
Dr Shokofeh Alaee MD

Street address
No 35, Shams St, Vesal Shirazi Ave, Engehab Ave, Tehran

City
Tehran

Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Vice chancellor for research University of Social Welfare and Rehabilitation Sciences

Full name of responsible person
Dr Hasan Shakeri

Street address
University of Social Welfare and Rehabilitation Sciences, Kodakyar St, Daneshjoo Ave, Evin

City
Tehran

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 University of Social Welfare and Rehabilitation 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
University of Social Welfare and Rehabilitation Sciences, Kodakyar St, Daneshjoo Ave, Evin, Tehran,

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Position
Associate professor/ psychiatric nurse

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