

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

07 Jun 2026

### The effectiveness of anxiety regulation short term dynamic psychotherapy (STDP) on anticipatory grief and psychological wellbeing for mothers of children diagnosed primary immunodeficiency diseases

#### Protocol summary

##### Summary

The object of this study is to determine the effectiveness of anxiety regulation short term dynamic psychotherapy on anticipatory grief and psychological wellbeing for mothers of children diagnosed primary immunodeficiency diseases. Design study is quasi experimental, kind of pretest and post test with control group. Major inclusion criteria is have children who diagnosed Primary immunodeficiency diseases and major exclusion criteria is serious clinical syndromes such as psychosis. The study population are mothers of children diagnosed Primary immunodeficiency diseases in Isfahan province at 2013 to 2014. The sample of study are randomly divided into two parallel groups of intervention (n=8) and control (n=8). According to McCullough's treatment manual, intervention group receive 20 individually dynamic psychotherapy sessions. But Control group do not receive any therapy. Findings of study would suggest STDP leads to improve anticipatory grief of mothers and enhance psychological wellbeing significantly.

#### General information

##### Acronym

STDP

##### IRCT registration information

IRCT registration number: **IRCT2014091612237N2**

Registration date: **2015-05-18, 1394/02/28**

Registration timing: **retrospective**

Last update:

Update count: **0**

##### Registration date

2015-05-18, 1394/02/28

##### Registrant information

##### Name

Mostafa Mahmoudi Ghehsareh

##### Name of organization / entity

Raha counseling center

##### Country

Iran (Islamic Republic of)

##### Phone

+98 31 3663 6684

##### Email address

mstfmahmoudi@yahoo.com

##### Recruitment status

**Recruitment complete**

##### Funding source

Non government organization in Esfahan; mothers's kindness Raha and The primary immunodeficiency foundation of Sedigheh Tahereh

##### Expected recruitment start date

2013-08-23, 1392/06/01

##### Expected recruitment end date

2013-10-23, 1392/08/01

##### Actual recruitment start date

empty

##### Actual recruitment end date

empty

##### Trial completion date

empty

##### Scientific title

The effectiveness of anxiety regulation short term dynamic psychotherapy (STDP) on anticipatory grief and psychological wellbeing for mothers of children diagnosed primary immunodeficiency diseases

##### Public title

The effectiveness of anxiety regulation short term dynamic psychotherapy (STDP) on anticipatory grief and psychological wellbeing for mothers of children diagnosed primary immunodeficiency diseases

## Purpose

Treatment

## Inclusion/Exclusion criteria

Inclusion criteria: Have children who diagnosed primary immunodeficiency diseases; age 20 to 30 years old; global assessment function scale scores between 50 to 61; no medication or any form of therapy simultaneously; completing the voluntary informed consent sheet.

Exclusion criteria: Serious clinical syndromes or personality disorders such as psychosis, bipolar disorder or borderline personality disorder

## 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: **16**

## 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

Raha counseling center

##### Street address

No. 10, Gam building, Mokhtari alley, Charbagh Bala street

##### City

Esfahan

##### Postal code

8198745363

#### Approval date

2013-08-06, 1392/05/15

#### Ethics committee reference number

الف 11 0121

## Health conditions studied

### 1

#### Description of health condition studied

Mood [affective] disorders

#### ICD-10 code

F32.1

#### ICD-10 code description

Mild depressive episode

## Primary outcomes

### 1

#### Description

Psychological wellbeing

#### Timepoint

A week before intervention and a week after intervention

#### Method of measurement

Psychological wellbeing questionnaire (RSPWB)

### 2

#### Description

Anticipatory grief

#### Timepoint

A week before intervention and a week after intervention

#### Method of measurement

Anticipatory grief questionnaires (MM-CGI)

## Secondary outcomes

empty

## Intervention groups

### 1

#### Description

Intervention group: They receive 20 sessions with primary and final evaluations and termination. Individual psychotherapy sessions are held per week, each session lasting 45 minutes. Psychodynamic interventions are performed based on McCullough's treatment manual. This type of treatment was composed of three main parts: defenses restructuring, affect restructuring and restructuring of sense of self/others.

#### Category

Behavior

### 2

#### Description

The control group received no intervention for 20 weeks

#### Category

N/A

## Recruitment centers

### 1

#### Recruitment center

##### Name of recruitment center

Raha counseling center

##### Full name of responsible person

Reza Sharifi Dr

**Street address**

No. 10, Gam building, Mokhtari alley, Charbagh Bala street

**City**

Esfahan

**Web page address**

www.RahaCenter.com

**Person responsible for scientific inquiries****Contact****Name of organization / entity**

Raha counseling center

**Full name of responsible person**

Mostafa Mahmoudi Ghehsareh

**Position**

Mster

**Other areas of specialty/work****Street address**

No. 10, Gam building, Mokhtari alley, Charbagh Bala street

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**Postal code**

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**Phone**

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mstfmahmoudi@yahoo.com

**Web page address**

www.RahaCenter.com

**Sponsors / Funding sources****1****Sponsor****Name of organization / entity**

Charity of Raha mother's kindness

**Full name of responsible person**

Fatemeh Gharazi

**Street address**

No. 10, Gam building, Mokhtari alley, Charbagh Bala street

**City**

Esfahan

**Grant name****Grant code / Reference number****Is the source of funding the same sponsor organization/entity?**

Yes

**Title of funding source**

Charity of Raha mother's kindness

**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**

Raha counseling center

**Full name of responsible person**

Mostafa Mahmoudi Ghehsareh

**Position**

Master

**Other areas of specialty/work****Street address**

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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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**Position**

master

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**Web page address**

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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*