Clinical Trial Protocol
Iranian Registry of Clinical Trials

17 Sep 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

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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
0121 11 الف

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

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
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Raha counseling center
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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