

Clinical Trial Protocol

Iranian Registry of Clinical Trials

18 Sep 2026

The effectiveness of anxiety regulation short term dynamic psychotherapy (STDP) on improve coping styles and decrease depression symptoms 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 improve coping styles and decrease depression symptoms 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 scoring from 30 to 40 on the Beck depression inventory 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 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.

General information

Acronym

STDP

IRCT registration information

IRCT registration number: **IRCT2015030212237N3**

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

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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

2014-04-21, 1393/02/01

Expected recruitment end date

2014-06-05, 1393/03/15

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 improve coping styles and decrease depression symptoms for mothers of children diagnosed primary immunodeficiency diseases

Public title

The effectiveness of anxiety regulation short term dynamic psychotherapy (STDP) on improve coping styles and decrease depression symptoms for mothers of children diagnosed primary immunodeficiency diseases

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria: Scoring from 30 to 40 on the Beck depression inventory which indicates moderate depression; age 20 to 60 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)

N/A

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

8163964575

Approval date

2014-09-23, 1393/07/01

Ethics committee reference number

0123 11 الف

Health conditions studied

1

Description of health condition studied

Mood [affective] disorders

ICD-10 code

F32.1

ICD-10 code description

Moderate depressive episode

Primary outcomes

1

Description

Coping styles

Timepoint

A week before intervention and a week after intervention

Method of measurement

coping styles questionnaire

2

Description

Depression

Timepoint

A week before intervention and a week after intervention

Method of measurement

Beck depression questionnaire

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

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Person responsible for scientific inquiries

Contact

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Charity of mother's kindness Raha
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 mother's kindness Raha
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

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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