

Clinical Trial Protocol

Iranian Registry of Clinical Trials

27 Jun 2026

Assess the effectiveness of dialectical behavior therapy based on emotion regulation training on the depression symptoms among referred patients to a psychology clinic in Mashhad city

Protocol summary

Summary

Objectives: Depression is one of the most common psychological disorders with developmental growth. Considering to the role of emotional regulation in psychological disorders such as depression, this study aimed to assess the effectiveness of dialectical behavior therapy based on emotion regulation training (main variable) on the regulation of emotion difficulties and depression symptoms (dependent variables) among referred patients to a psychology clinic in Mashhad city. **Main variable:** Dialectical behavior therapy based on emotion regulation training, **Dependent variables:** Regulation of emotion difficulties and depression symptoms. **Design:** This clinical trial designed as pre-test, post-test and one month follow-up. **Participants:** The population of this clinical trial including all persons who had referred to the one of the Mashhad psychology clinics from January to March 2013 and were selected by available sampling method. The inclusion criteria was receiving 20 or more scores in Beck Depression Inventory-II and the exclusion criteria included another intervention, including any medicine and psychotherapy during this project. **Setting and conduct:** 40 participants were divided randomly to experimental and control group, equally. The tools of this study were BDI-II and Difficulties of Emotion Regulation Scale (DERS). Data were analyzed by repeated measurement-analysis of variance in SPSS software. **Interventions:** Dialectical behavior therapy based on emotion regulation training in 8 sessions, twice a week

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2013110515284N1**
Registration date: **2013-12-26, 1392/10/05**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2013-12-26, 1392/10/05

Registrant information

Name

Nadia Shamloo

Name of organization / entity

Islamic Azad University

Country

Iran (Islamic Republic of)

Phone

+98 51 1711 2540

Email address

borhanimm3@mums.ac.ir

Recruitment status

Recruitment complete

Funding source

Investigator

Expected recruitment start date

2013-01-01, 1391/10/12

Expected recruitment end date

2013-03-31, 1392/01/11

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Assess the effectiveness of dialectical behavior therapy based on emotion regulation training on the depression symptoms among referred patients to a psychology clinic

in Mashhad city

Public title

The effectiveness of dialectical behavior therapy based on emotion regulation training on depression symptom

Purpose

Treatment

Inclusion/Exclusion criteria

The main condition of inclusion criteria was receiving 20 or more scores in Beck Depression Inventory-II; and the main condition of exclusion criteria included another intervention including any medicine and psychotherapy during this project

Age

No age limit

Gender

Both

Phase

2-3

Groups that have been masked

No information

Sample size

Target sample size: 40

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**

Ethics Committee, Azad University, branch of Saveh

Street address

1st-floor, Agriculture faculty, City University of Khatam-Al-Anbiya, Km 3 of Noor-Alibeyk road

City

Saveh

Postal code**Approval date**

2012-08-12, 1391/05/22

Ethics committee reference number

35011

Health conditions studied**1****Description of health condition studied**

Depression

ICD-10 code

F32

ICD-10 code description

Depressive episode

Primary outcomes**1****Description**

Depression

Timepoint

One week before intervention-The end point of intervention-One month after the end of intervention

Method of measurement

BDI-II

2**Description**

Difficulties of Emotion Regulation

Timepoint

One week before intervention-the end point of intervention-one month after the end of intervention

Method of measurement

Difficulties of Emotion Regulation Scale (DERS)

Secondary outcomes

empty

Intervention groups**1****Description**

Experimental group (dialectical behavior therapy based on emotion regulation training in 8 sessions, twice a week)

Category

Behavior

2**Description**

Control group which takes part in free discussion meetings without special structure

Category

N/A

Recruitment centers**1****Recruitment center****Name of recruitment center**

Saba Clinic

Full name of responsible person

Nadia Shamloo

Street address

Vakil abad 30

City
Mashhad

Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Azad Univercity branch of Saveh, Vice chancellor for research

Full name of responsible person
Anoosh Eghdami

Street address
1st-floor, Agriculture faculty, City University of Khatam-Al-Anbiya, Km 3 of Noor-Alibeyk road

City
Saveh

Grant name

Grant code / Reference number

Is the source of funding the same sponsor organization/entity?
Yes

Title of funding source
Azad Univercity branch of Saveh, Vice chancellor for research

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
Azad Univercity, branch of Saveh

Full name of responsible person
Nadia Shamloo

Position
Ms in clinical psychology

Other areas of specialty/work

Street address
Number16, Hashemieh10

City
Mashhad

Postal code

Phone
+98 51 1711 2540

Fax

Email
borhanimm3@mums.ac.ir

Web page address

Person responsible for scientific

inquiries

Contact

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Person responsible for updating data

Contact

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Web page address

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