Clinical Trial Protocol
Iranian Registry of Clinical Trials

17 Sep 2026

The effectiveness of intensive short-term dynamic psychotherapy on symptoms and defense mechanisms in depressed patients

Protocol summary

Summary

The aim of this study was to evaluate the effectiveness of intensive short-term dynamic psychotherapy on symptom reduction and defense mechanisms in depressed patients. Inclusion criteria were satisfying the criteria for unipolar or cyclothymic depression according to the revised version of Diagnostic Statistical Manual IV Text based on psychiatric diagnosis, having a score of 30 to 40 on the Beck Depression Inventory, being between 20 to 30 years old and completing the informed consent sheet. The experimental group participated in 20 sessions of intensive short-term dynamic psychotherapy. The statistical population of this study included all students of Ferdowsi University of Mashhad who entered the university in 2011 and 2012 and were suffering from depression, of which 16 patients were selected based on purposive voluntary sampling method and divided into control and experimental group according to random assignment. The results indicated the effectiveness of the mentioned intervention on symptoms and defense mechanisms.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2013111015355N1**
Registration date: **2014-01-29, 1392/11/09**
Registration timing: **retrospective**

Last update:
Update count: **0**

Registration date

2014-01-29, 1392/11/09

Registrant information

Name

mehdi khorianian

Name of organization / entity

Ferdowsi University of Mashhad. faculty of Education and Psychology...

Country

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Recruitment status

Recruitment complete

Funding source

Investigator

Expected recruitment start date

2012-01-28, 1390/11/08

Expected recruitment end date

2012-04-02, 1391/01/14

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effectiveness of intensive short-term dynamic psychotherapy on symptoms and defense mechanisms in depressed patients

Public title

The effectiveness of intensive short-term dynamic psychotherapy on symptoms and defense mechanisms in depressed patients

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria: satisfying criteria for unipolar or cyclothymic depression according to DSM-IV-TR psychiatric diagnosis; participating in the pretest, scoring from 30 to 40 on the Beck Depression Inventory which

indicates moderate depression; being between 20 to 30 years old; completing the voluntary informed consent sheet; participating in sessions and commitment to the completion of the sessions. Exclusion criteria: not having a diagnosis of manic-depression; Not suffering from a psychotic diagnoses with or without bipolar disorder; Lack of impulse control disorders and substance abuse; not receiving medical and psychosocial treatment simultaneously

Age
From **20 years** old to **30 years** old

Gender
Both

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
Used

Assignment
Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee
Ferdowsi University of Mashhad

Street address
Ferdowsi University of Mashhad, Mashhad

City
Mashhad

Postal code

Approval date
2012-06-12, 1391/03/23

Ethics committee reference number
531

Health conditions studied

1

Description of health condition studied
Depression

ICD-10 code
Mood [Affe

ICD-10 code description
Mild Depressive Episode

Primary outcomes

1

Description
Defense Mechanism

Timepoint
Pre And Post intervention

Method of measurement
Defensive Styles Inventory

2

Description
Depressive Symptoms

Timepoint
Pre And Post Intervention

Method of measurement
Beck Depression Inventory

Secondary outcomes

empty

Intervention groups

1

Description
There is Short-Term Intensive Psychodynamic Psychotherapy for 20 sessions for the experimental group

Category
Behavior

2

Description
The control group received no intervention

Category
N/A

Recruitment centers

1

Recruitment center

Name of recruitment center
Faculty Of Education And Psychology, Ferdowsi University Of Mashhad

Full name of responsible person
Mehdi Khorianian

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Sponsors / Funding sources

1

Sponsor
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Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
Faculty Of Education And Psychology, Ferdowsi University of Mashhad
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