

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

10 Jun 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

Iran (Islamic Republic of)

##### Phone

+98 27 3222 8022

##### Email address

khorianian@yahoo.com

##### 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 Khoranian

##### **Street address**

No. 142, First Alley, Ghale Vali Abad,17 Shahrivar Street, Shahrood, Semnan, Iran

##### **City**

Shahrood

## Sponsors / Funding sources

1

### Sponsor

**Name of organization / entity**

Faculty Of Education And Psychology, Ferdowsi  
University of Mashhad

**Full name of responsible person**

Mehdi Khorianian

**Street address**

Ferdowsi University Of Mashhad, Khorasan Razavi,  
Iran

**City**

Mashhad

**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

**Contact****Name of organization / entity**

Ferdowsi University of Mashhad

**Full name of responsible person**

Zahra Tabibi

**Position**

PhD Of Psychology

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

Ferdowsi University of Mashhad, Mashhad, Khorasan  
Razavi, Iran

**City**

Mashhad

**Postal code****Phone**

+98 51 1879 6823

**Fax****Email**

Ztabibi@hotmail.com

**Web page address**

## Person responsible for scientific inquiries

**Contact****Name of organization / entity**

Shahed University Of Tehran

**Full name of responsible person**

Leyla Heydarinasab

**Position**

PhD Of Psychology

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

Faculty Of Education And Psycholog, Shahed  
University Of Tehran, Iran

**City**

Tehran

**Postal code****Phone**

002151212400

**Fax****Email**

Lhnpsy@gmail.com

**Web page address**

## Person responsible for updating data

**Contact****Name of organization / entity**

Faculty Of Education And Psychology, Ferdowsi  
University Of Mashhad

**Full name of responsible person**

Mehdi Khorianian

**Position**

M.S Clinical Psychology

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

No. 142, First Alley, Ghale Vali Abad,17 Shahrivar  
Street, Shahrood, Semnan, Iran

**City**

Shahrood

**Postal code****Phone**

+27 32228022

**Fax****Email**

Khorianian@yahoo.com

**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*