Clinical Trial Protocol
Iranian Registry of Clinical Trials

17 Sep 2026

Effectiveness Of Integrative Behavior Couple Therapy In Reducing The Siigns of couples depression

Protocol summary

Summary

Objectives: The main purpose of the study is to express the effectiveness of integrative behavior couple therapy in improving depression and couple distress of depressed couples. Design: The participants in the research were chosen non-randomly. Setting and conduct: They were chosen through purposive sampling between couples who referred to Tabriz helal ahmar. Participants including major eligibility criteria: Inclusion criteria are: Not using drugs and couples agreement for participating in research and exclusion criteria are: Having psychotic and personality disorder. Intervention: The sample research includes three couples having couple distress and one who has depression that is under treatment condition for 16 sessions. Instruments include beak questionnaire, couple questionnaire and frequency and acceptable of partner behavior. These questionnaires are done before treatment, between treatment and end of treatment. main outcome measures: The expected consequences of research will be reduction in depression symptoms, anxiety symptoms, frequency and acceptable of partner behavior and increase in commitment.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2013120115614N1**
Registration date: **2014-04-17, 1393/01/28**
Registration timing: **retrospective**

Last update:
Update count: **0**

Registration date

2014-04-17, 1393/01/28

Registrant information

Name
Zohreh Hashemi
Name of organization / entity
Tabtiz University
Country
Iran (Islamic Republic of)
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+98 41 1385 7366
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zohrehhashemi2010@yahoo.com

Recruitment status

Recruitment complete

Funding source

Vice chancellor for research, Tabriz University

Expected recruitment start date

2013-06-22, 1392/04/01

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

Effectiveness Of Integrative Behavior Couple Therapy In Reducing The Siigns of couples depression

Public title

Effectiveness Of Couple Therapy In Reducing The Signs Of Couples Depression

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria: Not receiving psychological treatment before entering the study; In case of medication use: It should be possible to keep the type and dose of medication constant; During the study period; The patient should agree to participate in the study and sign consent. Exclusion criteria: Having a psychotic disorder

and drug abuse; Having the full criteria for a personality disorder on Axis II; Risks for the patient like having serious thoughts about suicide; which make it impossible to stop medication or keep it constant.

Age
From **18 years** old to **50 years** old

Gender
Both

Phase
2-3

Groups that have been masked
No information

Sample size
Target sample size: **3**

Randomization (investigator's opinion)
N/A

Randomization description

Blinding (investigator's opinion)
Not blinded

Blinding description

Placebo
Not used

Assignment
Single

Other design features

Secondary Ids

1

Registry name
ثبت نشده است

Secondary trial Id
ثبت نشده است

Registration date
empty

Ethics committees

1

Ethics committee

Name of ethics committee
Tabriz university ethics committee

Street address
29 Bahman Street, Tabriz University, Tabriz, Iran

City
Tabriz

Postal code

Approval date
2013-09-09, 1392/06/18

Ethics committee reference number
12

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
Before treatment,During treatment, End of treatment, Follow up

Method of measurement
Beak Depression Inventory

Secondary outcomes

1

Description
Frequency of Partner Behavior

Timepoint
Before of Treatment, During Treatment, End of Treatment, Follow up

Method of measurement
Frequency and Acceptability of Partner Behavior Inventory

2

Description
Commitment

Timepoint
Before of Treatment, During Treatment, End of Treatment, Follow up

Method of measurement
Couple Questionnaire

3

Description
Anxiety

Timepoint
Before of treatment, During treatment, End of treatment, Follow up

Method of measurement
Beak Anxiety Inventory

4

Description
Marital conflict

Timepoint
Before of treatment, During treatment, End of tereatment, Follow up

Method of measurement
Marital conflict questionair

5

Description

Marital adjustment

Timepoint

Before of treatment, During treatment, End of treatment, Follow up

Method of measurement

Marital adjustment Questionnaire

Intervention groups

1

Description

Caseformulation, Acceptance intervention (Tolerance technique, ...), Change techniques (behavior exchange, communication. problem-solving)

Category

Behavior

Recruitment centers

1

Recruitment center

Name of recruitment center

Tabriz Helal Ahmar, Ostad Shahriar clinic

Full name of responsible person

Mrs Gholizadeh

Street address

29 Bahmam Street, Helal Ahmar, Tabriz, Iran

City

Tabriz

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

University of Tabriz, Vice chancellor for research

Full name of responsible person

Dr. Moghadam Vahed

Street address

Iran, Tabriz, Tabriz University, 29 Bahman street

City

Tabriz

Grant name

Grant code / Reference number

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

Yes

Title of funding source

University of Tabriz, 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

Tabriz University

Full name of responsible person

Zohreh Hashemi

Position

Phd Student

Other areas of specialty/work

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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