

Clinical Trial Protocol

Iranian Registry of Clinical Trials

16 Sep 2026

Effect of adaptive sustainability as a caring model on the readmission of depressed patients

Protocol summary

Summary

Objectives: This study will be conducted in order to determine the effect of care plan based on adaptive sustainability on the readmission of depressed patients referred to Razi Hospital in Urmia in 2015. **Design:** This is an experimental study which includes 100 depressed patients (hospitalized in Urmia Razi hospital). The samples will be selected by Convenience Sampling method and they will be randomly divided into two groups of control and intervention. **Methods:** the patients, who have the inclusion criteria and fill out the consent form, will be included in the study. For this purpose, we will use sealed envelopes containing the names of intervention and control groups. The intervention group will receive the care plan based on adaptive sustainability model. The control group will receive usual care. **Inclusion criteria:** not having hospitalization record more than one time; the definitive diagnosis of depression by psychiatrist; age 20 to 55 years old; living with family; not having physical health problems or disabilities; not having drug addiction except cigarettes. **Exclusion criteria:** Drug and alcohol addiction after enrolled to the study; Cognitive impairment. **Intervention:** The implement adaptive sustainability model will be used. This model contains four steps of: the discovery of family statues, gradual desensitization, collaboration and continuous monitoring. According this model, at first, demographic data, stressors and coping strategies of the families will be assessed. Then, the attitude of the family about the patient and depression will be reformed. In a later stage, the researcher will recognize treatment stage of family and will apply required interventions appropriate to each related stage. Then, at the beginning the continuous monitoring of family will be conducted weekly and then monthly. The intervention period will be during 10.06.2015 to 10.08.2015.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2015052916564N5**

Registration date: **2016-09-10, 1395/06/20**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2016-09-10, 1395/06/20

Registrant information

Name

Molood Radfar

Name of organization / entity

Urmia University of Medical Sciences

Country

Iran (Islamic Republic of)

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+98 44 1275 4961

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radfar.m@umsu.ac.ir

Recruitment status

Recruitment complete

Funding source

Vice chancellor for research, Urmia University of Medical Science

Expected recruitment start date

2015-06-10, 1394/03/20

Expected recruitment end date

2015-08-11, 1394/05/20

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effect of adaptive sustainability as a caring model on the readmission of depressed patients

Public title

Effect of a caring model on the readmission of depressed patients

Purpose

Supportive

Inclusion/Exclusion criteria

The most important of inclusion criteria: not having hospitalization record more than one time; the definitive diagnosis of depression by psychiatrist; age 20 to 55 years old; living with family; not having physical health problems or disabilities; not having drug addiction except cigarettes. The most important of exclusion criteria: Drug and alcohol addiction after enrolled to the study; Cognitive impairment.

Age

From **20 years** old to **55 years** old

Gender

Both

Phase

2

Groups that have been masked

No information

Sample size

Target sample size: **100**

Randomization (investigator's opinion)

Randomized

Randomization description**Blinding (investigator's opinion)**

Not blinded

Blinding description**Placebo**

Not used

Assignment

Parallel

Other design features

we use sealed envelopes that containing the names of intervention and control groups.

Secondary Ids

empty

Ethics committees**1****Ethics committee****Name of ethics committee**

Ethics committee of Urmia University of Medical Sciences

Street address

Next Emergency Center, Resalat Blvd, Urmia University of Medical Sciences and Health Service

City

Urmia

Postal code

5714783734

Approval date

2015-05-07, 1394/02/17

Ethics committee reference number

umsu.rec.1394.47

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

Major depression disorder

ICD-10 code

F32.3

ICD-10 code description

Severe depressive episode with psychotic symptoms

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

Readmission

Timepoint

Within 6 months and 6 months after the intervention

Method of measurement

Based on the frequency of hospitalization

Secondary outcomes**1****Description**

-

Timepoint

-

Method of measurement

-

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

The control group (50 person) will received only usual care.

Category

Prevention

2**Description**

At first, the knowledge and attitude of the patient and his family about the depression will be collected through an interview. In the second step, the desensitization process will be carried out. The purpose of this stage is to de-stigmatize and change family's attitude toward depression. The sessions will continue to reform family's attitude toward depression. In the third phase, the family will be prepared for the care of patient after discharge. In order to achieve this aim, the researcher will provide the patient's family with three sessions of consultation about depression, its symptoms, treatment methods, how to

communicate with the patient and to care for the patient at home. The information will be provided according to the four stages of the crisis, acute, health care and health promotion. During all these stages the families would be able to access the researcher, and if needed ask him to help them. In the fourth stage, which is the stage after the patient's discharge, the family is continually monitored. For this purpose, the researcher will communicate with the family by phone and face to face, once a week in first month after discharge. During these communications, adherence to treatment, regular visit to psychiatrist, probable problems will be monitored, and if required intervention will be done. From the second month the patient's family will be contacted once every two weeks.

Category

Prevention

Recruitment centers

1

Recruitment center

Name of recruitment center

Urmia Razi Academic Psychiatric Hospital

Full name of responsible person

Dr. Rahim Khalilzadeh

Street address

Razi Academic Psychiatric Hospital, km 3 of salmas road, Urmia

City

Urmia

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Urmia University of Medical Sciences, Vice Chancellor of Research

Full name of responsible person

vice chancellor for research, urmia University of Medical Sciences

Street address

Emergency Center, Resalat Blvd, Urmia University of Medical Sciences and Health Service

City

Urmia

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Urmia University of Medical Sciences, Vice Chancellor of 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

Urmia University of Medical Science

Full name of responsible person

NaserEsazadeh

Position

Nursing Masters student

Other areas of specialty/work

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Name of organization / entity

Faculty of Nursing & Midwifery

Full name of responsible person

Moloud Radfar

Position

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Other areas of specialty/work

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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