

Clinical Trial Protocol

Iranian Registry of Clinical Trials

08 Jul 2026

The effect of hope therapy program on depression, anxiety and stress of patients treated with hemodialysis in Isfahan selected hospitals in 2013

Protocol summary

Summary

The present study aimed to investigate the effect of hope therapy on depression, anxiety and stress among patients undergoing hemodialysis. This is a RCT study which 60 patients, who have entry criteria selected randomly with accidental numeric's table, then they divided to two study and placebo groups by randomized allocation. Placebo group had 4 sessions confabulation and study group had 8 sessions hope therapy (one session per week). We used Depression, Anxiety and Stress - 21 questionnaire 3 times in study, before starting the intervention, immediate after the last session of that and 4 weeks after last session to measure the depression, anxiety and stress in patients. Finally we compare two groups variables average to characterize the differences.

General information

Acronym

hope therapy

IRCT registration information

IRCT registration number: **IRCT2014031617021N1**

Registration date: **2014-05-09, 1393/02/19**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2014-05-09, 1393/02/19

Registrant information

Name

Maysam Rahimipour Anaraki

Name of organization / entity

Isfahan University of Medical Sciences

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Recruitment status

Recruitment complete

Funding source

University of Medical Sciences Isfahan, Vice chancellor for research

Expected recruitment start date

2013-12-26, 1392/10/05

Expected recruitment end date

2014-01-20, 1392/10/30

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of hope therapy program on depression, anxiety and stress of patients treated with hemodialysis in Isfahan selected hospitals in 2013

Public title

The effect of hope therapy on stress, anxiety and depression in patients treated with hemodialysis

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria: Patients age are between 18 to 65; Patients that hemodialyzes duo to end stage renal disease; Patients that have active document in hemodialysis centers; Hemodialysis onset 3 months at least; Hemodialysis do with sodium bicarbonate 3 times a week; They shouldn't participate in any complementary treatments during this study; They shouldn't take any drug to control depression, anxiety or stress; They don't have any intellectual or physical disability; Having full

consciousness, acceptable hearing and speaking ability to answer the questions Exclusion criteria: Absent in two or more hope therapy sessions during study; Patients who giving kidney graft or going under peritoneal dialysis; Patients who don't like to participate in every level of study; Patients start taking drugs to control depression, anxiety and stress in order of physician; Death

Age

From **18 years** old to **65 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **50**

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

Isfahan University of Medical Sciences

Street address

Isfahan University of Medical Sciences, Hezarjreeb Street.

City

Isfahan

Postal code

Approval date

2013-11-25, 1392/09/04

Ethics committee reference number

11/3764/3

Health conditions studied

1

Description of health condition studied

Depression, Anxiety and Stress

ICD-10 code

F43.2

ICD-10 code description

adjustment disorders

Primary outcomes

1

Description

Depression

Timepoint

Before, after and 1 month after intervention

Method of measurement

DASS-21

2

Description

Anxiety

Timepoint

Before, after and 1 month after intervention

Method of measurement

DASS-21

3

Description

Stress

Timepoint

Before, after and 1 month after intervention

Method of measurement

DASS-21

Secondary outcomes

1

Description

The effect of hope therapy program on depression, anxiety and stress

Timepoint

Before, after and 1 month after intervention

Method of measurement

DASS-21

Intervention groups

1

Description

for one group (the test group) hope therapy program for 8 weeks, one session per week (each session 1 to 1.5) by the investigator at the time of dialysis.

Category

Lifestyle

2

Description

for other groups (placebo group) to avoid errors 4 sessions a placebo intervention by a person other individual researcher with the placebo group and mor speaks and heart listens to their problems.

Category

Lifestyle

Recruitment centers

1

Recruitment center

Name of recruitment center

Noor and Aliasghar Hospital

Full name of responsible person

Fariba Taleghani

Street address

Isfahan University of Medical Sciences

City

Isfahan

2

Recruitment center

Name of recruitment center

Amin hospital

Full name of responsible person

Fariba Taleghani

Street address

Isfahan University of Medical Sciences

City

Isfahan

3

Recruitment center

Name of recruitment center

Zahraye Marziyeh hospital

Full name of responsible person

Fariba Taleghani

Street address

Isfahan University of Medical Sciences

City

Isfahan

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Isfahan University of Medical Sciences

Full name of responsible person

Fariba Taleghani

Street address

Isfahan University of Medical Sciences, Hezarjreeb

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City

Isfahan

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Isfahan University of Medical Sciences

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

Isfahan University Of Medical Sciences

Full name of responsible person

maysam rahimipour anaraki

Position

MSc in Nursing Education

Other areas of specialty/work

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Person responsible for scientific inquiries

Contact

Name of organization / entity

College of Nursing and Midwifery, Isfahan University of Medical Sciences

Full name of responsible person

Mohsen Yazdani

Position

masters

Other areas of specialty/work

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Person responsible for updating data

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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