

Clinical Trial Protocol

Iranian Registry of Clinical Trials

13 Jul 2026

Protocol Development and Empirical Validation of Positive Psychotherapy Based on Belief to Good in Individuals with Signs and Symptoms of Depression: A single Case Multiple Baseline Study.

Protocol summary

Summary

The aim of study is to develop and validate a Positive Psychotherapy based on Belief to Good in decreasing Depression. According this, the Single Subject Multiple Baseline Study will be conducted. The first, three patients with Signs and Symptoms of Depression that have Inclusion and Exclusion criteria will choose from a Center of Counseling and Psychological Services in Tehran by Purposeful Sampling. An Inclusion criterion is: score 14-35 in Beck Depression Inventory-II. An Exclusion criterion is: Having symptoms of psychotic disorders. Each 3 participants are entered the Base line phase (from 3 to 7 week) at the same time. Then, Participants are randomly assigned in to treatment. Treatment is conducted by the Investigator in 8 sessions. Basic Acceptance, Freedom from judgment, Belief to Good in difficulty, Life Values, Identification Virtues and Strengths, Savoring, Gratitude, Active and Constructive Responding will run in sessions. Within Base line stage (3-7 weeks) Therapy phase (8 week) and Follow up steps (1 and 3 month after treatment), patients fill out Beck Depression Inventory (BDI-II), Hamilton Rating Scale for Depression-17, Orientations of Happiness, Positive And Negative Affect Scale (PANAS), Meaning in Life (MLQ), Riff's Psychological Well-being Inventory, The Oxford Happiness Questionnaire and Satisfaction With Life Scale (SWLS). All of the assessment, in Baseline, Treatment process and Follow up is done by an MA in Psychology.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2014070818405N1**

Registration date: **2015-01-14, 1393/10/24**

Registration timing: **registered_while_recruiting**

Last update:

Update count: **0**

Registration date

2015-01-14, 1393/10/24

Registrant information

Name

Azam Noferesty

Name of organization / entity

Shahed university

Country

Iran (Islamic Republic of)

Phone

+98 88302524

Email address

noferest88@yahoo.com

Recruitment status

Recruitment complete

Funding source

Investigator

Expected recruitment start date

2015-01-10, 1393/10/20

Expected recruitment end date

2015-02-09, 1393/11/20

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Protocol Development and Empirical Validation of Positive Psychotherapy Based on Belief to Good in Individuals with Signs and Symptoms of Depression: A single Case Multiple Baseline Study.

Public title

Treatment of Signs and Symptoms of Depression with Positive Psychotherapy

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria: score 14-35 in Beck Depression Inventory-II; minimum age 25; agreed to participate in the study; signed consent form. Exclusion criteria: Having symptoms of psychotic disorders and severe personality disorder; having symptoms of drug abuse; a suicide plan; having severe depressive symptoms (BDI score is higher than 36).

Age

From 25 years old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: 3

Randomization (investigator's opinion)

Randomized

Randomization description

Blinding (investigator's opinion)

Not blinded

Blinding description

Placebo

Not used

Assignment

Single

Other design features

The study is a Single Subject Multiple Baseline. So, each Participants act as own control.

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Shahed Univercity

Street address

Shahed Univercity, top Tehran-Qom highway, Iran, Tehran.

City

Tehran

Postal code

3319118651

Approval date

2014-06-05, 1393/03/15

Ethics committee reference number

1393-03-15

Health conditions studied

1

Description of health condition studied

Sign and Symptom of Depression

ICD-10 code

F32.0, F32

ICD-10 code description

F32.0 Mild depressive episode: Two or three of the above symptoms are usually present. The patient is usually distressed by these but will probably be able to continue with most activities. F32.1 Moderate depressive episode: Four or more of the above symp

Primary outcomes

1

Description

Depression

Timepoint

Base line phase, Treatment sessions, Post treatment and Follow up

Method of measurement

BDI-II, Hamilton Rating Scale for Depression-17

Secondary outcomes

1

Description

Psychological Well-being

Timepoint

Base line phase, Post treatment and Follow up

Method of measurement

Psychological Well-being Test

2

Description

Happiness

Timepoint

Base line phase, Treatment sessions, Post Treatment and Follow up

Method of measurement

The Oxford Happiness Questionnaire

3

Description

Satisfaction With Life

Timepoint

Base line phase, Post treatment and Follow up

Method of measurement

Satisfaction With Life Scale

4

Description

Positive And Negative Affect

Timepoint

Base line phase, Treatment sessions, Post Treatment and Follow up

Method of measurement

Intervention groups

1

Description

Positive Psychotherapy Based on Belief to Good: 8 Positive Interventions was applied in 8 sessions (45 minutes) weekly. These techniques include: Basic Acceptance, Freedom from Judgment, Belief to Good in difficulty, Life Values, Identification Virtues and Strengths, Savoring, Gratitude, Active and Constructive Responding.

Category

Other

2

Description

without control Group

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center

Ostad Roozbeh

Full name of responsible person

Azam Noferesty

Street address

43, Tallegghani Squire, Tehran, Iran

City

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Investigator

Full name of responsible person

Azam Noferesty

Street address

N28, Joharchi Avenue, Shariati Street, Tehran, Iran.

City

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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

Investigator

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

Shahed University

Full name of responsible person

Azam Noferesty

Position

Phd Student in Clinical Psychology

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