

Clinical Trial Protocol

Iranian Registry of Clinical Trials

19 Sep 2026

The effect of guided imagery on depression in pre university students in Malayer city

Protocol summary

Summary

The aim of this study was to determine the effect of guided imagery on depression in college students. In this clinical trial, 304 pre-university students from public schools Malayer city that inclusion criteria are randomized into two groups, guided imagery (test) and take control. In the case group files 18-minute guided visualization techniques will be and they will be asked to file once a day for two weeks has been trained to run with. The instruments "Beck Depression Inventory" and is a demographic questionnaire. The depression of the samples using the "Beck Depression Inventory", will be measured at the beginning and end of the intervention. Inclusion criteria include: Students who do not have any history of illness and clinical depression. Mourning history and history of hospitalization in the last 6 months have not, do not have a history of a particular drug and exclusion criteria were: non-completion questionnaires, the absence of training sessions, participate in any class consultation with psychiatrists, occurring situations disaster near death, parental divorce, accident, illness and possible hospitalization during treatment, doing guided imagery exercise less than 7 times in the intervening time

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2015082723450N2**

Registration date: **2016-04-28, 1395/02/09**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2016-04-28, 1395/02/09

Registrant information

Name

Tahereh Roozbahani

Name of organization / entity

Shahid Beheshti University of Medical Sciences,
School of Nursing and Midwifery

Country

Iran (Islamic Republic of)

Phone

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Recruitment status

Recruitment complete

Funding source

Shahid Beheshti University of Medical Sciences, Faculty
of Nursing and Midwifery Research Committee

Expected recruitment start date

2015-10-02, 1394/07/10

Expected recruitment end date

2015-12-21, 1394/09/30

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of guided imagery on depression in pre
university students in Malayer city

Public title

Effect of guided imagery on depression

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria: the absence of disease such as cancer,
diabetes, cardiovascular problems, hepatitis, epilepsy,
muscular paralysis, anemia, ulcers, asthma, kidney

problems, migraine headaches and depression; lack of of mourning in the last 6 months; no history of hospitalization in the last 6 months; no history of drug use; cooperation is necessary for the study. Exclusion criteria: failure to complete the questionnaire; absence of training sessions; not wanting to continue the cooperation in the study; participate in any class consultation with psychiatrists; the occurrence of adverse situations such as the death of someone close; parental divorce, accident, illness and risk of hospitalization At the hospital; doing guided imagery less than 7 times in the intervening time.

Age

From **16 years** old to **19 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **304**

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**

Ethics Committee Shahid Beheshti University of
Medical Sciences Faculty of Nursing and Midwifery

Street address

Shahid Beheshti Faculty of Nursing and Midwifery,
Niyayesh Intersection, Valiasr Avenue

City

Tehran

Postal code**Approval date**

2015-05-01, 1394/02/11

Ethics committee reference number

BMU2.REC.1394.13

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

Depression disorders

ICD-10 code

F33

ICD-10 code description

Recurrent depressive disorder

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

Depression

Timepoint

Before and after two weeks

Method of measurement

Beck Depression Inventory

Secondary outcomes

empty

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

The experimental group were given a guided imagery audio CDs and they will be asked for two weeks once a day for 18 minutes to listen to this file.

Category

Behavior

2**Description**

The control group received no training and intervention are controlled not only by the end of the study.

Category

N/A

Recruitment centers**1****Recruitment center****Name of recruitment center**

Seyfiyeh High school

Full name of responsible person

Tahereh Roozbahani

Street address

Alley Emamy, Park Avenue

City

Malayer

Sponsors / Funding sources**1****Sponsor**

Name of organization / entity

Vice chancellor for research, Shahid Beheshti
University of Medical Sciences Faculty of Nursing and

Full name of responsible person

Amirhosayn Barbaz Esfahani

Street address

Shahid Beheshti Faculty of Nursing and Midwifery,
Niyayesh Intersection, Valiasr Avenue

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

Vice chancellor for research, Shahid Beheshti University
of Medical Sciences Faculty of Nursing and

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**

Shahid Beheshti University of Medical Sciences

Full name of responsible person

Kiarash Saatchi

Position

Physical Therapist

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

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Web page address**Person responsible for scientific inquiries****Contact****Name of organization / entity**

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Faculty of Nursing and Midwifery

Full name of responsible person

Manigeh Norian

Position

PhD Student in Nursing Education

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Full name of responsible person

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Position

MSc student of nursing

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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