

Clinical Trial Protocol

Iranian Registry of Clinical Trials

19 Jun 2026

Effect of psychoeducation on depression and anxiety symptoms among dialysis patients

Protocol summary

Summary

The aim of this study was to investigate the effect of psychoeducation on depression and anxiety symptoms among dialysis patients. A total of 60 hemodialysis patients with the depression or anxiety HADS score ≥ 8 were assigned into investigation and waiting groups, after matching for the important risk factors (sex, marital status, educational level, time and frequency of dialysis). Three an-hour sessions about the kidney anatomy and pathophysiology, treatments of ESRD, the mechanism of dialysis, adjustment steps in human, problem solving, stress management and relaxation training were held for the investigation group. The HADS inventory was completed for both group before and a week after the educational session.

General information

Acronym

non

IRCT registration information

IRCT registration number: **IRCT138805282353N1**

Registration date: **2012-05-17, 1391/02/28**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2012-05-17, 1391/02/28

Registrant information

Name

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Name of organization / entity

Mazandaran University of Medical Sciences

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Recruitment status

Recruitment complete

Funding source

Mazandaran University of Medical Sciences

Expected recruitment start date

2008-07-22, 1387/05/01

Expected recruitment end date

2010-01-20, 1388/10/30

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effect of psychoeducation on depression and anxiety symptoms among dialysis patients

Public title

Effect of psychoeducation on depression and anxiety symptoms among dialysis patients

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria: depression or anxiety scores greater or equal to 8 scale HADS patients with renal failure being treated with hemodialysis Exclusion criteria: 1. Experiencing new stressful events during the time of study based on Holmz-Rahe list of stressful life events 2. Any change in the dialysis schedule 3. Starting any other psychiatric treatment during the period of study 4. A known history of previous psychiatric disorder 5. Having a new stressor during previous 6 months except for those related to kidney disease 6. Failure to attend in all educational sessions

Age

No age limit
Gender
Both
Phase
N/A
Groups that have been masked
No information
Sample size
Target sample size: **60**
Randomization (investigator's opinion)
Randomized
Randomization description
Blinding (investigator's opinion)
Not blinded
Blinding description
Placebo
Not used
Assignment
Parallel
Other design features
non

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Vice chancellor for Research of Mazandaran
University of Medical Sciences and Health Services

Street address

Moallem square

City

Sari

Postal code

Approval date

2008-06-23, 1387/04/03

Ethics committee reference number

24-85

Health conditions studied

1

Description of health condition studied

Anxiety

ICD-10 code

F06.4

ICD-10 code description

Organic anxiety disorder

2

Description of health condition studied

depression

ICD-10 code

F33

ICD-10 code description

Recurrent depressive disorder

Primary outcomes

1

Description

Depression

Timepoint

before and 1 week after intervention

Method of measurement

HADS Questionnaire

2

Description

Anxiety

Timepoint

before and 1 week after intervention

Method of measurement

HADS Questionnaire

Secondary outcomes

1

Description

non

Timepoint

non

Method of measurement

non

Intervention groups

1

Description

Three an-hour group education, by a nephrologist and psychiatrist. Content of educational sessions include: 1. Describing the anatomy and pathophysiology, all causes of kidney failure, the advantages and disadvantages of various treatments for renal failure, mechanism of function of dialysis, care needed in dialysis patients, 2. The adaptive response in human learning and problem solving skills 3. Stress management training and muscle relaxation

Category

Behavior

2

Description

psychoeducation

Category

Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Emam Hospital

Full name of responsible person

Street address

City

Sari

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Mazandaran University of Medical Sciences

Full name of responsible person

Dr Ahmad Ali Enayati

Street address

Moallem Square

City

Sari

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Mazandaran 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

Mazandaran University of Medical Sciences

Full name of responsible person

Hamzeh Hosseini

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Associste professor

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

