

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

18 Jun 2026

### The Effectiveness of Short-term Group Interpersonal Psychotherapy to Reduce Symptoms of Depression and Improve Emotional Expressiveness, Social Skills and Quality of Life of Depressed University Students.

#### Protocol summary

##### Summary

Introduction: depressive disorder is considered one of the most common psychological disorders among students that affect the various aspects of person's life. Accordingly, the aim of the study was to investigate the effect of short-term group interpersonal psychotherapy on depression, emotional expressiveness, social skills and quality of life of students. Method: The statistical population of the study consisted of students of Ferdowsi University of Mashhad. The sample was also selected through convenience sampling of students were referred to Ferdowsi University of Mashhad clinic with complaints of depression (n =30). In this study, short-term group interpersonal psychotherapy were administered as the independent variable in the experimental group, and the variables of quality of life (by questionnaire WHOQOL), emotional expressiveness (by questionnaire EEQ), social skills (by questionnaire SSI) and depression (Beck Depression Inventory-2) as the dependent variable were studied.

#### General information

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT2015081723664N1**

Registration date: **2015-09-16, 1394/06/25**

Registration timing: **retrospective**

Last update:

Update count: **0**

##### Registration date

2015-09-16, 1394/06/25

##### Registrant information

##### Name

Javad Nezafat Ferizi

##### Name of organization / entity

Ferdowsi University of Mashhad

##### Country

Iran (Islamic Republic of)

##### Phone

+98 51 3725 4065

##### Email address

ja.nezafat@stu-mail.um.ac.ir

##### Recruitment status

**Recruitment complete**

##### Funding source

Research center Ferdowsi University of Mashhad

##### Expected recruitment start date

2014-03-21, 1393/01/01

##### Expected recruitment end date

2014-05-22, 1393/03/01

##### Actual recruitment start date

empty

##### Actual recruitment end date

empty

##### Trial completion date

empty

##### Scientific title

The Effectiveness of Short-term Group Interpersonal Psychotherapy to Reduce Symptoms of Depression and Improve Emotional Expressiveness, Social Skills and Quality of Life of Depressed University Students.

##### Public title

The effect of interpersonal psychotherapy on depression

##### Purpose

Treatment

##### Inclusion/Exclusion criteria

Having symptoms of depression and a minimum score of 14 on the Beck Depression Inventory 2; minimum age of 18 years; being a university student; not being under psychiatric treatment (drugs) and psychological

treatment at the same time and should be completed previously psychological treatment a month before entering treatment; patient should not have a diagnosis of psychotic disorder or an organic mental disorder

### Age

From **18 years** old to **28 years** old

### Gender

Both

### Phase

N/A

### Groups that have been masked

*No information*

### Sample size

Target sample size: **30**

### 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

Ferdowsi University of Mashhad

##### Street address

Ferdowsi University of Mashhad, Azadi sq.

##### City

Mashhad

##### Postal code

#### Approval date

2014-09-30, 1393/07/08

#### Ethics committee reference number

576

## Health conditions studied

### 1

#### Description of health condition studied

Depression

#### ICD-10 code

F33

#### ICD-10 code description

Recurrent depressive disorder

## Primary outcomes

### 1

#### Description

Depression

#### Timepoint

Before the intervention, two months after the intervention

#### Method of measurement

Beck Depression Inventory(BDI-II)

## Secondary outcomes

### 1

#### Description

Emotional Expressiveness

#### Timepoint

Before the intervention, two months after the intervention

#### Method of measurement

Emotional Expressiveness Questionnaire

### 2

#### Description

Social Skills

#### Timepoint

Before the intervention, two months after the intervention

#### Method of measurement

Social Skills Inventory

### 3

#### Description

Quality of Life

#### Timepoint

Before the intervention, two months after the intervention

#### Method of measurement

Quality of Life Questionnaire

## Intervention groups

### 1

#### Description

Understanding classes and thesis paper writing in the control group

#### Category

Other

### 2

#### Description

Interpersonal psychotherapy (IPT), is a short-term psychotherapy with a focus on structure, context and interpersonal skills which have been made for 8 sessions of 90 minutes.

#### Category

Behavior

## Recruitment centers

1

### Recruitment center

**Name of recruitment center**  
Ferdowsi Clinic of Mashhad University  
**Full name of responsible person**  
Javad Nezafat Ferizi  
**Street address**  
Ferdowsi University of Mashhad  
**City**  
Mashhad

## Sponsors / Funding sources

1

### Sponsor

**Name of organization / entity**  
Ferdowsi University of Mashhad  
**Full name of responsible person**  
dr ali mashhadi  
**Street address**  
Ferdowsi University of Mashhad, Azadi Sq.  
**City**  
Mashhad  
**Grant name**  
**Grant code / Reference number**  
**Is the source of funding the same sponsor organization/entity?**  
Yes  
**Title of funding source**  
Ferdowsi University of Mashhad  
**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**  
Ferdowsi University of Mashhad  
**Full name of responsible person**  
Javad Nezafat Ferizi  
**Position**  
Master of Clinical Psychology  
**Other areas of specialty/work**  
**Street address**  
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## Person responsible for scientific inquiries

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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*