Clinical Trial Protocol
Iranian Registry of Clinical Trials

16 Sep 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

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Email address

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Recruitment status

Recruitment complete

Funding source

Research centerFerdowsi 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 tim 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
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Master of Clinical Psychology
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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