

Clinical Trial Protocol

Iranian Registry of Clinical Trials

06 Jun 2026

Efficacy of Self-hypnosis combined with Citalopram on the Anxiety in patients with Generalized Anxiety Disorder and Quality of Life

Protocol summary

Summary

Objective: This study was conducted to evaluate the efficacy of two treatment approaches of self-hypnosis combined with citalopram on state- trait anxiety and quality of life in patients with Generalized Anxiety Disorder. Design: The Design of the research is the randomized clinical trial (pretest-post test) with control group. Setting and conduct: The instrument of the study was Spielberger's State-trait Anxiety Inventory and World Health Organization Quality of Life Questionnaire , filled out by both groups. Participants including major eligibility criteria: This Randomized clinical Trial was conducted on 80 patients with anxiety disorders presenting to psychology clinic (Ferdowsi University, Mashhad city, 2013-2014). On the basis of DSM-IV-TR diagnostic criteria, twenty of them were diagnosed with Generalized Anxiety Disorder. And they were divided into two groups: experimental and control. Inclusion criteria: Diagnosis of Generalized Anxiety Disorder (GAD) by psychiatrist; Without comorbid disorders; To have not severe physical illness. Exclusion criteria: Under treatment or other educational program ; The absence of more than two sessions. All patients filled Informed Consent in the beginning. Intervention: Both groups received Citalopram(20 mg/d) for two months and were monitored by a psychiatrist from the interview to the end of the study.The experimental group underwent self-hypnosis group training through behavioral cognitive method in addition to taking the medicine for 6 weeks. Follow-up was done 2 months after the treatment ended. The data were analyzed with repeated measures analysis of variance. Main outcome measures (variables): Both groups completed Spielberger Stait- Treit Anxiety Questionnaire and the World Health Organization Quality of Life Questionnaire in the first week and the sixth week and two months after treatment.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2015091023966N1**

Registration date: **2015-12-21, 1394/09/30**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2015-12-21, 1394/09/30

Registrant information

Name

Zahra Moghanizadeh

Name of organization / entity

Mashhad University of Medical Sciences

Country

Iran (Islamic Republic of)

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+98 915 766 7517

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moghaniz2@mums.ac.ir

Recruitment status

Recruitment complete

Funding source

Vice chancellor for research, Semnan University

Expected recruitment start date

2013-09-23, 1392/07/01

Expected recruitment end date

2014-06-10, 1393/03/20

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Efficacy of Self-hypnosis combined with Citalopram on the Anxiety in patients with Generalized Anxiety Disorder and Quality of Life

Public title

Efficacy of Self-hypnosis combined with Citalopram on the Stait- Trait Anxiety in patients with Generalized Anxiety Disorder and Quality of Life

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria: Diagnosis of Generalized Anxiety Disorder (GAD) by psychiatrist; Without comorbid disorders; To have not severe physical illness Exclusion criteria: Under treatment or other educational program ; The absence of more than two sessions

Age

No age limit

Gender

Both

Phase

2-3

Groups that have been masked

No information

Sample size

Target sample size: 20

Randomization (investigator's opinion)

Randomized

Randomization description**Blinding (investigator's opinion)**

Not blinded

Blinding description**Placebo**

Not used

Assignment

Parallel

Other design features

Using a Table of Random Numbers

Secondary Ids

empty

Ethics committees**1****Ethics committee****Name of ethics committee**

Ethics Committee of Semnan University

Street address

Faculty of Psychology & Education Mehdishahr ,
Semnan University , Darband, Mehdishahr, Semnan,
Iran.

City

Mahdishahr

Postal code

356411156

Approval date

2012-09-22, 1391/07/01

Ethics committee reference number

No Issues

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

Generalized Anxiety Disorder

ICD-10 code

f41.1

ICD-10 code description

Anxiety that is generalized and persistent but not restricted to, or even strongly predominating in, any particular environmental circumstances (i.e. it is

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

Generalized Anxiety Disorder

Timepoint

Baseline-After intervention-Two months after intervention

Method of measurement

Spielberger's State-Trait Anxiety Inventory

2**Description**

Quality of Life

Timepoint

Baseline- After the intervention-Two months after the intervention

Method of measurement

The World Health Organization Quality of Life
Questionnaire

Secondary outcomes

empty

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

Self hypnosis Training: for experimental groups and for 6 weeks.

Category

Behavior

2**Description**

Citalopram: In this research in the form of tablets of 20 mg was prescribed once a day for 6 weeks for both of experimental and control groups.

Category

Treatment - Drugs

3

Description

Without self-hypnosis training sessions: for the Control group as a shame of interview for 6 weeks

Category

Behavior

Recruitment centers

1

Recruitment center

Name of recruitment center

Ferdowsi University of Mashhad

Full name of responsible person

Zahra Moghanizadeh

Street address

Faculty of Education and Psychology, Ferdowsi University of Mashhad. Azadi square

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Vice chancellor for research, Semnan University

Full name of responsible person

Ali Haghghi Asl

Street address

Department of Chemical Engineering of Oil and Gas, Opposite the park Svkan, , Semnan University

City

Semnan

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, Semnan University

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

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Full name of responsible person

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Position

Master of 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