Clinical Trial Protocol
Iranian Registry of Clinical Trials

07 Nov 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
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Iran (Islamic Republic of)
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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
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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 Haghighi 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

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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