Clinical Trial Protocol
Iranian Registry of Clinical Trials

16 Sep 2026

A clinical trial for comparison the effects of sending one-way short message, interactive short message and not sending any message on adherence to medication, depression, and spiritual health among patients with major depression

Protocol summary

Summary

The aim of the present study is to compare the efficacy of short message text (interactive and non-interactive) on treatment adherence, severity of depression and spiritual health in patients with major depression. Study is an quasi experimental, non-blinded, single center, with control group. The study population is eligible depressed patients referred to Hajar Hospital's Psychiatry Clinic in Shahrekord. Inclusion criteria are major depression according to diagnosis of a psychiatrist and DSM-IV-TR criteria, being literate, ability to work with cell phone and reading and writing text message and exclusion criteria are refusing to participate in the study and lack of cooperation during the intervention. The study sample consists of 90 eligible depressed patients. These patients will be allocated to three groups (30 in each groups): interactive short message, non-interactive short message, and without short message. In non-interactive message group, the patients would receive every day hopeful messages derived from traditions and elite, and tips about side effects, percussion, and medication reminder for 6 weeks. In the interactive message group, the same messages would be sent in an interactive form in a similar way. Spiritual well- being, depression severity, and treatment adherence of the patients would be assessed by Paloutzian and Ellison spiritual well-being scale, Beck Depression Inventory, and treatment adherence researcher-made questionnaire at beginning and the end of intervention.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2015091323998N1**

Registration date: **2015-10-25, 1394/08/03**

Registration timing: **registered_while_recruiting**

Last update:

Update count: **0**

Registration date

2015-10-25, 1394/08/03

Registrant information

Name

Aeen Mohammadi

Name of organization / entity

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Recruitment status

Recruitment complete

Funding source

Tehran University of Medical Sciences

Expected recruitment start date

2015-10-22, 1394/07/30

Expected recruitment end date

2015-11-21, 1394/08/30

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

A clinical trial for comparison the effects of sending one-way short message, interactive short message and not sending any message on adherence to medication,

depression, and spiritual health among patients with major depression

Public title
Efficacy of short message services on treatment adherence, severity of depression and spiritual health in depressed patients
Purpose
Supportive
Inclusion/Exclusion criteria
Inclusion criteria: major depression according to diagnosis of a psychiatrist and DSM-IV-TR criteria; being literate; being able to work with cell phone and reading and writing a text message Exclusion criteria: refusing to participate in the study and lack of cooperation during the intervention
Age
From **18 years** old to **60 years** old
Gender
Both

Phase
N/A
Groups that have been masked
No information
Sample size
Target sample size: **90**
Randomization (investigator's opinion)
N/A
Randomization description
Blinding (investigator's opinion)
Not blinded
Blinding description
Placebo
Not used
Assignment
Parallel
Other design features
Participants are going to be non randomly allocated to three groups.

Secondary Ids

empty

Ethics committees

1

Ethics committee
Name of ethics committee
Ethics Committee of Tehran University of Medical Sciences
Street address
Keshvarz Blvd.,Tehran University of Medical Sciences
City
Tehran
Postal code
Approval date
2015-07-11, 1394/04/20
Ethics committee reference number
IR.TUMS.REC.1394.357

Health conditions studied

1

Description of health condition studied
Depressive episode
ICD-10 code
F32.1
ICD-10 code description
Moderate depressive episode

2

Description of health condition studied
Depressive episode
ICD-10 code
F32.2
ICD-10 code description
Severe depressive episode

Primary outcomes

1

Description
Spiritual well- being
Timepoint
The beginning and end of the study
Method of measurement
Paloutzian and Ellison spiritual well-being scale

2

Description
Depression severity
Timepoint
The beginning and end of the study
Method of measurement
Beck Depression Inventory (21 question)

3

Description
Treatment adherence
Timepoint
The beginning and end of the study
Method of measurement
Treatment adherence self- made questionnaire

Secondary outcomes

empty

Intervention groups

1

Description
Control group: The patients in control group will not be received any short messages.
Category
N/A

2

Description
Non- interactive message group: In this group the patients receive every day hopeful message derived from traditions and elite, and tips about side effects, percussion, and medication reminder for 6 weeks.

Category
Other

3

Description
Interactive message group: In this group the patients receive every day hopeful message derived traditions and elite, and tips about side effects, percussion, and medication reminder, to which should be answered by the patient using short message for 6 weeks.

Category
Other

Recruitment centers

1

Recruitment center

Name of recruitment center
Hajar Hospital's Psychiatry Clinic in Shahrekord

Full name of responsible person
Ms Najmeh Shahinfard

Street address
Hajar Hospital's psychiatry clinic in Shahrekord

City
Shahrekord

Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Vice chancellor for research, Tehran University of Medical Sciences

Full name of responsible person
Dr. Masud Yunesian

Street address
Keshavarz Blvd., Tehran University of Medical Sciences

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Tehran

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, Tehran 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
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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