

Clinical Trial Protocol

Iranian Registry of Clinical Trials

31 Jul 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

Registration timing: **registered_while_recruiting**

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.

Last update:

Update count: **0**

Registration date

2015-10-25, 1394/08/03

Registrant information

Name

Aeen Mohammadi

Name of organization / entity

Country

Iran (Islamic Republic of)

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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,

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2015091323998N1**

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

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

City

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

Virtual School, Tehran University of Medical Sciences

Full name of responsible person

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Position

MSc student of E-learning in Medical Education

Other areas of specialty/work

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Position

MD, MPH, Ph.D of Medical Education

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