

Clinical Trial Protocol

Iranian Registry of Clinical Trials

19 Jun 2026

Evaluation of expressive emotion intervention effect on physical and mental health of kidney transplant recipients

Protocol summary

Summary

Although Kidney transplant as an alternative treatment can increase life expectancy and improve the quality of life of patients with end-stage kidney function ,it is associated with a lot of mental stress and psychiatric co-morbidity for these patients. The aim of this study is to evaluate of expressive emotion effect on physical and mental health of kidney transplantation recipients. In this clinical trial transplant recipients randomly will divide into two intervention and control groups and respectably will receive expressive emotion therapy and daily recording method as placebo. Effect of these methods on quality of life, general health, anxiety, depression and medical complications will be assessed by Hospital Anxiety Depression Scale(HADS), General Health Questionnaire(GHQ) and Kidney Transplant Questionnaire(KTQ) .

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2015111625063N1**

Registration date: **2016-01-11, 1394/10/21**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2016-01-11, 1394/10/21

Registrant information

Name

Arvin Hedayati

Name of organization / entity

Tehran University of Medical sciences

Country

Iran (Islamic Republic of)

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Recruitment status

Recruitment complete

Funding source

Tehran University of Medical Sciences

Expected recruitment start date

2015-09-23, 1394/07/01

Expected recruitment end date

2015-11-22, 1394/09/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Evaluation of expressive emotion intervention effect on physical and mental health of kidney transplant recipients

Public title

Evaluation of expressive emotion intervention effect on physical and mental health of kidney transplant recipients

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusive criteria: Patients under kidney transplantation; During 1st week after transplant; Age >18 years old; With ability of writing and reading in Farsi. Exclusive criteria: No interest for participation in this study; Patients with prominent cognitive or psychiatric problem that limit their ability for participation in this study

Age

From **18 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: 60

Randomization (investigator's opinion)

Randomized

Randomization description

Blinding (investigator's opinion)

Double blinded

Blinding description

Placebo

Used

Assignment

Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

The Ethics Committee of Tehran University of Medical Sciences

Street address

The Ethics Committee of Tehran University of Medical Sciences, Tehran University of Medical Sciences, Tehran, Iran

City

Tehran

Postal code

Approval date

2015-08-29, 1394/06/07

Ethics committee reference number

IR.TUMS.REC.1394.661

Health conditions studied

1

Description of health condition studied

Moderate Depression

ICD-10 code

F32.1

ICD-10 code description

Moderate depressive episode Four or more of the above symptoms are usually present and the patient is likely to have great difficulty in continuing with ordinary activities.

Primary outcomes

1

Description

Depression

Timepoint

1st and 3th month after intervention

Method of measurement

Questionnaire

2

Description

Anxiety

Timepoint

1st and 3th month after intervention

Method of measurement

Questionnaire

3

Description

Quality of life

Timepoint

1st and 3th month after intervention

Method of measurement

Questionnaire

4

Description

Medical complication

Timepoint

1st and 3th month after intervention

Method of measurement

History taking

5

Description

General health

Timepoint

1st and 3th month after intervention

Method of measurement

Questionnaire

Secondary outcomes

empty

Intervention groups

1

Description

The intervention for target group is expressive emotion therapy. During the first week after transplantation the target group will be asked to do homework in three 15 minutes sessions. How to write the contents of the cases will be as follows: What you are being asked to write, as the most profound ideas, your feelings about the experience kidney failure and transplants. I know people who are undergoing a kidney transplant, experiencing many emotions and you want to focus on all of these

emotions. Discover your deepest feelings and thoughts. You may have different feelings and changes before the diagnosis of kidney failure, during dialysis, when you were in waiting list and now. Each of the courses you choose is important to focus entirely on your deepest feelings and thoughts. I mention again you must focused on the deepest feelings and thoughts. The only rule is continuous writing for 15 minutes. If you feel that you have nothing to give, just repeat the previous entries that have said. About the mistakes of grammar, spelling and sentence do not apply. Just write. After the meetings about the content of the supportive feedback is given by the clinician.

Category

Behavior

2**Description**

The control group will be asked to focus only on the facts of renal failure and kidney transplantation, not on their emotions ,during three 15 minutes sessions.

Category

Behavior

Recruitment centers**1****Recruitment center****Name of recruitment center**

Imam Khomeini Hospital

Full name of responsible person

Arvin Hedayati

Street address**City**

Tehran

Sponsors / Funding sources**1****Sponsor****Name of organization / entity**

Tehran University of Medical Sciences

Full name of responsible person

Tehran University of Medical Sciences ,Deputy of Research and Technology

Street address

Tehran

City

Tehran

Grant name**Grant code / Reference number****Is the source of funding the same sponsor organization/entity?**

Yes

Title of funding source

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**

Tehran University of Medical Sciences

Full name of responsible person

Arvin Hedayati

Position

Fellowship Assistant

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Full Professor

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Full name of responsible person

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Position

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Other areas of specialty/work**Street address****City****Postal code****Phone**

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Fax**Email****Web page address****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