

Clinical Trial Protocol

Iranian Registry of Clinical Trials

29 Jun 2026

The effectiveness of narrative writing on depression, Anxiety, stress, life expectancy and quality of life for hemodialysis patients compared with control group

Protocol summary

Summary

The study is a randomized clinical trial. Study Goals: Determine the effectiveness of Narrative Writing on depression, anxiety, stress, quality of life and life expectancy of hemodialysis patients; Compare the effectiveness of narrative writing with the control group on depression, anxiety, stress, quality of life and life expectancy of hemodialysis patients. Inclusion criteria: Earn equivalent score Low to moderate stress in questionnaire of depression, anxiety and stress (DASS-42); Having hemodialysis Disease for at least 6 months. Exclusion criteria: Acquisition weak stress or severe scores in the questionnaire of depression, anxiety and stress (DASS-42); Having physical problems that interfere in psychotherapy. Case Study Community hemodialysis patients referred to Imam Reza Hospital in Kermanshah is 1394-95 and the sample included of 28 hemodialysis patients. After sampling, They signed a satisfaction form for to participate in research. Subjects were randomly divided into two groups (an experimental group and a control group of narrative writing). The intervention group will be asked to write their feelings and experiences based on Gibbs model (What happened? What were your feelings and thoughts? What was good and bad experience? What lessons have from this situation ? What else did you do? If you could, what will happen again?) in a notebook Narrative writing for once a week for eight weeks. Study subjects complete Questionnaire depression, anxiety and stress, quality of life and life expectancy questionnaire before the first treatment session, the last session of treatment and one month after the end of treatment . Primary outcome are depression, anxiety, stress, quality of life and life expectancy.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2015120925442N1**
Registration date: **2016-01-16, 1394/10/26**
Registration timing: **prospective**

Last update:

Update count: **0**

Registration date

2016-01-16, 1394/10/26

Registrant information

Name

Akram Ahmadzadeh

Name of organization / entity

Kermanshah university of medical science

Country

Iran (Islamic Republic of)

Phone

+98 83 1427 4618

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a.ahmadzadeh@kums.ac.ir

Recruitment status

Recruitment complete

Funding source

Kermanshah University of Medical Sciences

Expected recruitment start date

2016-01-21, 1394/11/01

Expected recruitment end date

2016-04-20, 1395/02/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effectiveness of narrative writing on depression, Anxiety, stress, life expectancy and quality of life for hemodialysis patients compared with control group

Public title

The effect of narrative writing In hemodialysis treatment

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria: Earn equivalent score Low to moderate stress in questionnaire of depression and anxiety and stress(DASS-42); Having hemodialysis Disease for at least 6 months; Having The age range of 20 to 55 years; Having at least a high school Education guide; Full satisfaction to participate in the research and signing Informed consent form and written Exclusion criteria: Acquisition weak stress or severe scores in the questionnaire of depression and anxiety and stress(DASS-42); Having physical problems that interfere in psychotherapy; Get psychiatric treatment or other psychotherapy at the same time; Having Signs of drug dependency in the past or present; Having Suicidal thoughts.

Age

From **20 years** old to **55 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **28**

Randomization (investigator's opinion)

Randomized

Randomization description

Blinding (investigator's opinion)

Not blinded

Blinding description

Placebo

Not used

Assignment

Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Kermanshah University of Medical Sciences

Street address

Kermanshah. Beheshti Boulevard. Building No. 2
Medical Sciences. Deputy of research and
technology. Ethics Committee

City

Kermanshah

Postal code

Approval date

2015-11-24, 1394/09/03

Ethics committee reference number

KUMS.REC.1394.185

Health conditions studied

1

Description of health condition studied

Kidney Chronic Disease

ICD-10 code

N25

ICD-10 code description

Disorders resulting from impaired renal tubular function

2

Description of health condition studied

Kidney Chronic Disease

ICD-10 code

N26

ICD-10 code description

Unspecified contracted kidney

Primary outcomes

1

Description

Narrative writing

Timepoint

: Before the intervention, the last meeting of the intervention and one month after the end of intervention

Method of measurement

Narrative writing training

2

Description

Anxiety

Timepoint

: Before the intervention, the last meeting of the intervention and one month after the end of intervention

Method of measurement

DASS-42 Questionnaire

3

Description

Stress

Timepoint

: Before the intervention, the last meeting of the intervention and one month after the end of intervention

Method of measurement

DASS-42 Questionnaire

4

Description

Depression

Timepoint

: Before the intervention, the last meeting of the intervention and one month after the end of intervention

Method of measurement

DASS-42 Questionnaire

5

Description

Quality of life

Timepoint

: Before the intervention, the last meeting of the intervention and one month after the end of intervention

Method of measurement

Quality of life Questionnaire

6

Description

Life expectancy

Timepoint

: Before the intervention, the last meeting of the intervention and one month after the end of intervention

Method of measurement

Life expectancy Questionnaire

Secondary outcomes

empty

Intervention groups

1

Description

Type of intervention: narrative writing intervention program for 2 months, in eight weeks, each one meeting(The intervention group will be asked to write their feelings and experiences during dialysis treatment as the worst and most difficult experience based on Gibbs model (What happened? What were your feelings and thoughts? What was good and bad experience? What lessons have from this situation ? What else did you do? If you could, what will happen again?) in a notebook Narrative writing.)

Category

Behavior

2

Description

The control groupe don't get any treatment

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center

Imam Reza Hospital dialysis unit

Full name of responsible person

Masoud Ahmadi

Street address

Krmanshah.Shiroodi Boulevard. University Street.Imam Reza Hospital .dialysis unit

City

Kermanshah

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Kermanshah University of Medical Science

Full name of responsible person

Hamzeie,Kourosh

Street address

Kermanshah, shahed beheshti bulvar, Building No. 2 Medical Sciences.Research management

City

Kermanshah

Grant name

Grant code / Reference number

Is the source of funding the same sponsor organization/entity?

Yes

Title of funding source

Kermanshah University of Medical Science

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

Kermanshah University of Medical Science

Full name of responsible person

Ahmadzadeh, Akram

Position

Master of Clinical Psychology/collegian

Other areas of specialty/work

Street address

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Kh.sadeghi@yahoo.com

Web page address**Person responsible for scientific inquiries****Contact****Name of organization / entity**

Kermanshah University Of Medicine Science

Full name of responsible person

Sadeghi, Kheyrollah

Position

Clinical Psychologist PhD

Other areas of specialty/work**Street address**

Kermanshah, Shiroodi Boulevard - University Street -
Medicine of School

City

Kermanshah

Postal code**Phone****Person responsible for updating data****Contact****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