

Clinical Trial Protocol

Iranian Registry of Clinical Trials

14 Jul 2026

The effectiveness of Group Narrative Therapy on depression, anxiety, recurrence, life expectancy and quality of life people addicted to amphetamine compared with control group

Protocol summary

Study aim

1. Determining of the effectiveness of group narrative therapy on depression, anxiety, recurrence, quality of life and life expectancy of Addicted People to Amphetamines. 2. Compare the effectiveness of group narrative therapy with the control group on depression, anxiety, recurrence, quality of life and life expectancy Addicted People to Amphetamines

Design

clinical trial with control group, Case Study Community included 30 Addicted People to Amphetamines, The subjects are randomly divide into two groups, Randomization method is a simple randomization using lottery. The intervention group undergoes 10 sessions of group narrative therapy for 10 weeks.

Settings and conduct

The location of the study is Farabi Hospital in Kermanshah. Study subjects complete Beck depression inventory-II, Beck anxiety inventory-II, quality of life, recurrence and life expectancy questionnaires before the first treatment session, the last session of treatment.

Participants/Inclusion and exclusion criteria

Inclusion criteria: Earn equivalent score Low depression (Score between 14 to 19) in Beck depression inventory(BDI-II) ; 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 no depression or minimal scores in the BDI-II ; Having physical problems that interfere in psychotherapy; Get psychiatric treatment or other psychotherapy at the same time; Having Suicidal thoughts

Intervention groups

Subjects were randomly divided into two groups, an experimental group narrative therapy and a control group. The intervention group is required to attend group

narrative therapy sessions for 10 weeks and once a week and the control Group does not receive any intervention.

Main outcome variables

Depression, anxiety, quality of life, Recurrence and life expectancy

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT2016010425442N2**

Registration date: **2016-02-28, 1394/12/09**

Registration timing: **prospective**

Last update: **2018-06-21, 1397/03/31**

Update count: **1**

Registration date

2016-02-28, 1394/12/09

Registrant information

Name

Akram Ahmadzadeh

Name of organization / entity

Kermanshah university of medical science

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Iran (Islamic Republic of)

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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

2016-04-03, 1395/01/15

Actual recruitment end date

2016-09-22, 1395/07/01

Trial completion date

empty

Scientific title

The effectiveness of Group Narrative Therapy on depression, anxiety, recurrence, life expectancy and quality of life people addicted to amphetamine compared with control group

Public title

The effect of Group Narrative Therapy in addiction

Purpose

Supportive

Inclusion/Exclusion criteria**Inclusion criteria:**

Earn equivalent score Low depression (Score between 14 to 19) in Beck depression inventory (BDI-II) 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:

Earn equivalent score no depression or minimum depression in Beck depression inventory (BDI-II) Having physical problems that interfere with psychotherapy Receive simultaneous Psychiatric or other psychotherapy Having suicidal thoughts

AgeFrom **20 years** old to **55 years** old**Gender**

Male

Phase

N/A

Groups that have been masked*No information***Sample size**Target sample size: **30**Actual sample size reached: **26****Randomization (investigator's opinion)**

Randomized

Randomization description

Randomization method is a simple randomization using lottery.

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

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

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Postal code

6715847141

Approval date

2015-11-24, 1394/09/03

Ethics committee reference number

KUMS.REC.1394.201

Health conditions studied**1****Description of health condition studied**

Addiction

ICD-10 code

F15

ICD-10 code description

Mental and behavioural disorders due to use of other stimulants, including caffeine

Primary outcomes**1****Description**

Depression

Timepoint

Before the intervention and the last meeting of the intervention

Method of measurement

Beck depression inventory (BDI-II)

2**Description**

Anxiety

Timepoint

Before the intervention and the last meeting of the intervention

Method of measurement

Beck anxiety inventory-II

3**Description**

Recurrence

Timepoint

Before the intervention and the last meeting of the

intervention
Method of measurement
Recurrence Questionnaire

4

Description

Quality of Life

Timepoint

Before the intervention and the last meeting of the intervention

Method of measurement

Quality of Life Questionnaire

5

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

Group intervention: First session: Introduction and giving self-assessment tests and the story of participant's life, obtaining valuable insights about the narrative therapy and assigning homework (Determining people's objectives and needs to change and being committed to work on their depression during their addiction to amphetamines) Second session: Started by externalization of problem and reviewing the effects of dominate story of people's life, asked them to create "my life story", identifying first assumptions about self, teaching the way to revise ABCs every day and write them in a daily and assigning homework Third session: Started by checking homework, mind and body relaxation, improving eye contact skills, keep on everyday ABCs revisions and assigning homework. Fourth session: Checking homework, identifying the basic assumptions about addiction with group discussion on topic, training the way to create a new internal voice related to the basic assumption, continuing the practice of mind and body relaxation and other practices like asking them to paint their assumption about addiction and gave name to that, assigning homework Fifth session: Checking homework, training the way to identify addiction and group discussion on topic, teaching corrective thinking and adding D and E to ABCs, assigning homework Sixth session: Checking homework, training the way to change problematic behavioral pattern, using exposure techniques and response prevention and using techniques such as procrastination, diaphragm respiration, overcoming time, and assigning

homework (using new behavioral techniques in different situations). Seventh session: Checking homework, setting up satisfactory relationship with self such as writing a letter and apologizing to self, writing positive points about self, and doing activities regarding health, fitness, stimulating activities like five senses and activities related to physical appearance, and assigning homework Eighth session: Started by group discussion about individual's feelings, desires and dreaming about themselves and assigning home work (to create a best story about self and rewriting the life story from past to future). Ninth session: Checking homework, Rewriting life story about now and future and give a new name to that, relaxation, teaching about how to create new story and individual helps, assigning homework (reviewing all sessions and finding best and worst parts of that). Tenth session: Checking homework, group discussion about the changes that have happened due to the sessions, the second investigation of self-assessment tests, identifying attitudes, training the assertive strategies to people

Category

Behavior

2

Description

Control Group: Does not receive any intervention

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center

Farabi Hospital

Full name of responsible person

Alikhani, Mostafa

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Farabi Hospital, Dolatabad Boulevard, Kermanshah.

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Kermanshah University of Medical Sciences

Full name of responsible person

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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 Sciences

Proportion provided by this source

100

Public or private sector

Public

Domestic or foreign origin

Domestic

Category of foreign source of funding

empty

Country of origin**Type of organization providing the funding**

Academic

Person responsible for general inquiries**Contact****Name of organization / entity**

Kermanshah University of Medical Sciences

Full name of responsible person

Ahmadzadeh, Akram

Position

Master of Clinical Psychology/ Collegian

Latest degree

Master

Other areas of specialty/work

Psychology

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Specialist

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Latest degree

Master

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Web page address**Sharing plan****Deidentified Individual Participant Data Set (IPD)**

Yes - There is a plan to make this available

Study Protocol

Yes - There is a plan to make this available

Statistical Analysis Plan

Yes - There is a plan to make this available

Informed Consent Form

Yes - There is a plan to make this available

Clinical Study Report

Yes - There is a plan to make this available

Analytic Code

Undecided - It is not yet known if there will be a plan to make this available

Data Dictionary

Not applicable

Title and more details about the data/document

Only part of the data, such as the original outcome

information, is shared

When the data will become available and for how long

Get started 6 months after printing results

To whom data/document is available

Only for researchers working in academic and scientific institutions

Under which criteria data/document could be used

Documentation can be used to carry out new studies

From where data/document is obtainable

Refer to the corresponding author after publication

What processes are involved for a request to access data/document

After reviewing the application, will be provided by the corresponding author

Comments