

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

12 Jun 2026

### The effect of psychodrama in emotional rehabilitation of bipolar patients

#### Protocol summary

##### Summary

The aim of this study was to evaluate the effect of Psychodrama in emotional rehabilitation of bipolar patients. This is an experimental pretest - posttest study with a control group which was accompanied by 6-month follow up. The study population consists of bipolar patients referred to "Behravan" rehabilitation center in Sari city, ten of them were chosen for purposive sampling. The instrument used in this study was the emotional rehabilitation questionnaire. The main inclusion criterion was participating in all sessions, and the exclusion criteria was developing other mental disorders. The subjects completed emotional rehabilitation questionnaires, and then were exposed to therapeutic intervention. The intervention was for 8 weeks, and each week featuring a 90-minute session. In every session of this study through play, drama and theater education was paid a thrill. After the end of interventions the participants again completed the emotional rehabilitation questionnaire. As well as to track the results of treatment, subjects completed the emotional rehabilitation questionnaire as 6-month follow-up.

#### General information

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT2017042933690N1**

Registration date: **2017-05-24, 1396/03/03**

Registration timing: **retrospective**

Last update:

Update count: **0**

##### Registration date

2017-05-24, 1396/03/03

##### Registrant information

##### Name

Farzaneh Pouladi

##### Name of organization / entity

Shahid Bahonar university of Kerman

##### Country

Iran (Islamic Republic of)

##### Phone

+98 34 3325 7255

##### Email address

farzaneh@ens.uk.ac.ir

##### Recruitment status

**Recruitment complete**

##### Funding source

Sources of financing have been for the private sector

##### Expected recruitment start date

2016-09-22, 1395/07/01

##### Expected recruitment end date

2016-11-21, 1395/09/01

##### Actual recruitment start date

empty

##### Actual recruitment end date

empty

##### Trial completion date

empty

##### Scientific title

The effect of psychodrama in emotional rehabilitation of bipolar patients

##### Public title

The effect of psychodrama in emotional rehabilitation of bipolar patients

##### Purpose

Treatment

##### Inclusion/Exclusion criteria

Inclusion criteria included: having at least primary education; accepting and filling out the consent for participating in study, participation in all sessions of treatment. Exclusion criteria consisted of the following: absence of more than two sessions of therapy sessions, having psychotic symptoms, personality disorders, substance abuses that were identified during the initial interview and assessment.

## Age

From **23 years** old to **39 years** old

## Gender

Both

## Phase

N/A

## Groups that have been masked

*No information*

## Sample size

Target sample size: **22**

## Randomization (investigator's opinion)

N/A

## 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

Ethics committee of Shahid Bahonar university of Kerman

##### Street address

Shahid Bahonar university of Kerman, Square Pjhoresh, Highway Imam Khomeini, Kerman

##### City

Kerman

##### Postal code

#### Approval date

2017-04-16, 1396/01/27

#### Ethics committee reference number

E.A.96.1.27-01

## Health conditions studied

### 1

#### Description of health condition studied

bipolar disorders

#### ICD-10 code

F31

#### ICD-10 code description

A disorder characterized by two or more episodes in which the patient's mood and activity levels are significantly disturbed, this disturbance consisting on some occasions of an elevation of mood and increased energy and activity (hypomania or mania) and

## Primary outcomes

### 1

#### Description

emotional rehabilitation

#### Timepoint

pretest-posttest-6-month follow-up

#### Method of measurement

questionnaires emotional rehabilitation-Structured Clinical Interview

## Secondary outcomes

empty

## Intervention groups

### 1

#### Description

intervention 1: In order to improve the emotional rehabilitation, Experimental group was presented psychodrama for 8 sessions. They were evaluated using a questionnaire emotional rehabilitation.

#### Category

Behavior

### 2

#### Description

Intervention 2: intervention was not applied to this group.

#### Category

Behavior

## Recruitment centers

### 1

#### Recruitment center

##### Name of recruitment center

Behravan rehabilitation center in Sarri

##### Full name of responsible person

Farzaneh Pouladi, Phd student

##### Street address

street 15 khordad, street Farhang, Sarri

##### City

Sarri

## Sponsors / Funding sources

### 1

#### Sponsor

##### Name of organization / entity

Vice chancellor for research, Shahid Bahonar university of Kerman

##### Full name of responsible person

Farzaneh Pouladi

##### Street address

department of psychology, Shahid Bahonar university

of Kerman, square Pajhohesh, Kerman

**City**

Kerman

**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, Shahid Bahonar university of Kerman

**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**

department of Shahid Bahonar Kerman

**Full name of responsible person**

Farzaneh Pouladi

**Position**

Phd student

**Other areas of specialty/work**

**Street address**

department of psychology, Shahid Bahonar university of Kerman, square Pajhohesh, Kerman

**City**

Kerman

**Postal code**

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**Fax**

**Email**

f.pouladi80@gmail.com

**Web page address**

**Person responsible for scientific inquiries**

**Contact**

**Name of organization / entity**

department of psychology in Shahid Bahonar university of Kerman

**Full name of responsible person**

Farzaneh Pouladi

**Position**

Phd student

**Other areas of specialty/work**

**Street address**

department of psychology, Shahid Bahonar university of Kerman, square Pajhohesh, Kerman

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f.pouladi80@gmail.com

**Web page address**

**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*