

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

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Person responsible for scientific inquiries

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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