

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

29 Jun 2026

### psychoeducation VS citalopram on depression and anxiety symptoms reduction among dialysis patients

#### Protocol summary

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#### Summary

This study compared the effects of psychological training with citalopram drug for reducing symptoms of anxiety and depression in dialysis patients. 60 hemodialysis patients with the hospital anxiety depression scale score greater or equal to eight randomly divided into two groups and one group received a three-hour session teaching about anatomy and physiopathology of kidney, all kinds of treatments for renal failure, dialysis operation mechanism, the necessary care in dialysis patients, stage adaptive response in humans and problem solving training, stress management training and muscle relaxation. The other group treated with citalopram 20 mg a day. Again after six weeks, hospital anxiety and depression scale scores in both groups were measured.

#### Recruitment status

**Recruitment complete**

#### Funding source

Mazandaran University of Medical Sciences

#### Expected recruitment start date

2009-04-21, 1388/02/01

#### Expected recruitment end date

2009-12-22, 1388/10/01

#### Actual recruitment start date

empty

#### Actual recruitment end date

empty

#### Trial completion date

empty

#### Scientific title

psychoeducation VS citalopram on depression and anxiety symptoms reduction among dialysis patients

#### Public title

psychoeducation VS citalopram on depression and anxiety

#### Purpose

Treatment

#### Inclusion/Exclusion criteria

Inclusion criteria: Patients with renal disease that diagnosed by Nephrology specialist and treated by dialysis; Depression or anxiety HADS score  $\geq 8$  Exclusion criteria: The new stressful events during the study period, according to Holmes-Rahe table stressful events; Any change in the dialysis program; Beginning of any other psychiatric treatment during the study; Known history of previous psychiatric disorder; 5- Having new stressors during the past six months other than renal disease; 6- Lack of participation in all educational sessions

#### Age

From **18 years** old to **65 years** old

#### Gender

#### General information

#### Acronym

#### IRCT registration information

IRCT registration number: **IRCT201105012898N2**

Registration date: **2011-05-28, 1390/03/07**

Registration timing: **retrospective**

Last update:

Update count: **0**

#### Registration date

2011-05-28, 1390/03/07

#### Registrant information

#### Name

Seyed Hamzeh Hosseini

#### Name of organization / entity

#### Country

Iran (Islamic Republic of)

#### Phone

+98 11 3337 3844

#### Email address

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)

Single blinded

### Blinding description

### Placebo

Not used

### Assignment

Parallel

### Other design features

## Secondary Ids

empty

## Ethics committees

### 1

#### Ethics committee

##### Name of ethics committee

Mazandaran university of medical sciences

##### Street address

Moallem square

##### City

Sari

##### Postal code

#### Approval date

2009-04-16, 1388/01/27

#### Ethics committee reference number

88-45

## Health conditions studied

### 1

#### Description of health condition studied

Anxiety

#### ICD-10 code

F06.4

#### ICD-10 code description

Organic anxiety disorder

### 2

#### Description of health condition studied

Depression

#### ICD-10 code

F32

#### ICD-10 code description

Depressive episode

## Primary outcomes

### 1

#### Description

HADS anxiety score

#### Timepoint

6 week

#### Method of measurement

Questionnaire

### 2

#### Description

HADS depression score

#### Timepoint

6 week

#### Method of measurement

Questionnaire

## Secondary outcomes

empty

## Intervention groups

### 1

#### Description

Citalopram (20 mg for 6 week)

#### Category

Treatment - Drugs

### 2

#### Description

3 one hour psychological session

#### Category

Behavior

## Recruitment centers

### 1

#### Recruitment center

##### Name of recruitment center

Emam Hospital

##### Full name of responsible person

##### Street address

##### City

Sari

## Sponsors / Funding sources

### 1

#### Sponsor

##### Name of organization / entity

Mazandaran university of medical sciences

##### Full name of responsible person

Dr Ahmad ALI Enayati

##### Street address

Deputy of research and technology of Mazandaran  
university of medical sciences

**City**

Sari

**Grant name**

**Grant code / Reference number**

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

Yes

**Title of funding source**

Mazandaran 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**

Mazandaran university of medical sciences

**Full name of responsible person**

Hamzeh Hesseini

**Position**

Psychiatrist

**Other areas of specialty/work**

**Street address**

Emam Hospital

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**Fax**

**Email**

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**Web page address**

## Person responsible for scientific inquiries

**Contact**

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Mazandaran university of medical sciences

**Full name of responsible person**

Hamzeh Hosseini

**Position**

Associate

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## Person responsible for updating data

**Contact**

**Name of organization / entity**

Mazandaran university of medical sciences

**Full name of responsible person**

seyed hamzeh hosseini

**Position**

**Other areas of specialty/work**

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sari

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**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*