Clinical Trial Protocol
Iranian Registry of Clinical Trials

07 Nov 2026

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

Protocol summary

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.

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

shhosseini@mazums.ac.ir

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 ≥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

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 thechnology 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

City
Sari

Postal code

Phone
+98 911 124 2487

Fax

Email
shhosseini@mazums.ac.ir

Web page address

Person responsible for scientific inquiries

Contact

Name of organization / entity
Mazandaran university of medical sciences

Full name of responsible person
Hamzeh Hosseini

Position
Associate

Other areas of specialty/work

Street address
Emam Hospital

City
Sari

Postal code

Phone
+98 911 124 2487

Fax

Email
shhosseini@mazums.ac.ir

Web page address

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

Street address

City
sari

Postal code

Phone

Fax

Email
shhosseni@mazums.ac.ir

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