

Clinical Trial Protocol

Iranian Registry of Clinical Trials

16 Jun 2026

Comparison of a focused psychodynamic psychotherapy and pharmacotherapy in treatment of major depressive disorder

Protocol summary

Summary

This study will explore the therapeutic outcomes of brief psychodynamic psychotherapy for major depressive disorder (MDD) in comparison with pharmacotherapy. The focus of psychodynamic psychotherapy will be on the superego pathology and its developmental backgrounds, while pharmacotherapy will be done using Citalopram. A sample of 50 MDD patients will be randomly selected by clinical interview using DSM-IV-TR. The presence and severity of the depressive symptoms will be assessed using the MMPI-2 depression content scale as a symptom checklist, and the Beck Depression Inventory. Twenty five patients will be selected for the psychotherapy group and twenty five patients for pharmacotherapy.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT201011032935N5**

Registration date: **2010-11-16, 1389/08/25**

Registration timing: **registered_while_recruiting**

Last update:

Update count: **0**

Registration date

2010-11-16, 1389/08/25

Registrant information

Name

Farzin Rezaei

Name of organization / entity

Kurdistan University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 87 1356 1822

Email address

farrezaei@muk.ac.ir

Recruitment status

Recruitment complete

Funding source

Kurdistan University of Medical Sciences

Expected recruitment start date

2009-04-03, 1388/01/14

Expected recruitment end date

2011-03-18, 1389/12/27

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Comparison of a focused psychodynamic psychotherapy and pharmacotherapy in treatment of major depressive disorder

Public title

Psychodynamic psychotherapy versus pharmacotherapy in treatment of MDD

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria: age between 18 and 45 years, a minimum education of 10 years, DSM-IV-TR-defined major depressive episode (mild to moderate) with or without dysthymia. MMPI-2 depression content scale with baseline scores between 70 and 100, and 21-item BDI with baseline scores between 17 and 63 points Exclusion criteria: history of manic, hypomanic or mixed episode, psychotic symptoms, substance dependency, a mental disorder due to general medical condition, or another axis I disorder

Age

From **18 years** old to **45 years** old

Gender

Both

Phase

N/A

Groups that have been masked*No information***Sample size**Target sample size: **50****Randomization (investigator's opinion)**

Randomized

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**

Kurdistan University of Medical Sciences

Street address

Pasdaran Blvd. Sanandaj, Iran

City

Sanandaj

Postal code**Approval date**

2007-11-28, 1386/09/07

Ethics committee reference number

4/19580

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

Major depressive disorder

ICD-10 code

F32

ICD-10 code description

Major depressive episode

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

Severity of depression

Timepoint

Baseline and 15 weeks after beginnig of treatmen

Method of measurement

MMPI-2 DEP scale and BDI(Beck depression inventory)

Secondary outcomes

empty

Intervention groups**1****Description**

citalopram tablet 40 mg per day for 15 weeks

Category

Treatment - Drugs

2**Description**

Short term psychodynamic psychotherapy (one session per week for 15 weeks)

Category

Other

Recruitment centers**1****Recruitment center****Name of recruitment center**

counseling center of Kurdistan University of Medical Sciences

Full name of responsible person

Farzin Rezaei

Street address

Qhods hospital, Pasdaran Blvd., Sanandaj

City

Sanandaj

Sponsors / Funding sources**1****Sponsor****Name of organization / entity**

Kurdistan University of Medical Sciences

Full name of responsible person

Abdollah Salimi

Street address

Kurdistan University of Medical Sciences, Pasdaran Blvd.

City

Sanandaj

Grant name**Grant code / Reference number****Is the source of funding the same sponsor organization/entity?**

Yes

Title of funding source

Kurdistan 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

Sanandaj
Postal code
Phone
+98 87 1666 0025
Fax
Email
frrezaie@yahoo.com
Web page address

Person responsible for general inquiries

Contact

Name of organization / entity
Kurdistan University of Medical Sciences
Full name of responsible person
Dr Farzin Rezaei
Position
Assistant professor of psychiatry
Other areas of specialty/work
Street address
Qhods hospital, Pasdaran street, Sanandaj, Iran
City
Sanandaj
Postal code
Phone
+98 87 1666 0025
Fax
Email
farrezaei@muk.ac.ir; Farzin.Rezaie@uok.ac.ir ;
frrezaie@yahoo.com
Web page address

Person responsible for scientific inquiries

Contact

Name of organization / entity
Kurdistan University of Medical Sciences
Full name of responsible person
Dr Farzin Rezaei
Position
Assistant professor of psychiatry
Other areas of specialty/work
Street address
Qhods Hospital, Pasdaran Blvd., Sanandaj-Iran
City

Person responsible for updating data

Contact

Name of organization / entity
Kurdistan University of Medical Sciences
Full name of responsible person
Dr Farzin Rezaei
Position
Assistant professor of psychiatry
Other areas of specialty/work
Street address
Qhods Hospital, Pasdaran Blvd., Sanandaj, Iran
City
Sanandaj
Postal code
Phone
+98 87 1356 1822
Fax
Email
frrezaie@yahoo.com
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