

Clinical Trial Protocol

Iranian Registry of Clinical Trials

18 Sep 2026

The effect of scheduled appointments on hope and happiness of hospitalized depressed patients.

Protocol summary

Study aim

Determining the effect of scheduled appointment on hope and happiness depressed patients.

Design

This clinical trial study was conducted with two parallel random groups and a sample size of 35 people in each group.

Settings and conduct

This study will be carried out in the zahedan psychiatric center. Intervention is 6 scheduled appointment with first-degree relatives.

Participants/Inclusion and exclusion criteria

Inclusion criteria: 1- Depression diagnosis by a professional which is recorded in patients chart. 2- being alert in order to cooperation in planning appointments. 3- Not having visitor restrictions according to physician's opinion. 4- Ability to choose a convenience first_ degree relative to appointment. Exit criteria: Unwillingness to attend in the study.

Intervention groups

In this research, individuals will be placed in two groups of intervention and control. Firstly pre-test will be done for both of groups. The intervention group will be receiving scheduled appointment. The control group will be receiving routine appointment. Finally, post-test will be done for both of groups.

Main outcome variables

The main outcomes of the study are hope and happiness.

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20180224038839N1**

Registration date: **2018-11-14, 1397/08/23**

Registration timing: **retrospective**

Last update: **2018-11-14, 1397/08/23**

Update count: **0**

Registration date

2018-11-14, 1397/08/23

Registrant information

Name

Roghaieh Keykha

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 54 3329 0370

Email address

roghaieh.keykha@zaums.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2017-09-22, 1396/06/31

Expected recruitment end date

2017-11-20, 1396/08/29

Actual recruitment start date

2017-09-22, 1396/06/31

Actual recruitment end date

2017-11-20, 1396/08/29

Trial completion date

2017-12-03, 1396/09/12

Scientific title

The effect of scheduled appointments on hope and happiness of hospitalized depressed patients.

Public title

The effect of scheduled appointments on hope and happiness of hospitalized depressed patients.

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria:

Depression diagnosis by a professional which is recorded in patients chart Being alert in order to cooperation in planning appointments Not having visitor restrictions according to physician's opinion Ability to choose a convenience first_ degree relative to appointment

Exclusion criteria:

Unwillingness to attend in the study.

Age

No age limit

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **70**

Actual sample size reached: **70**

Randomization (investigator's opinion)

Randomized

Randomization description

Patients were allocated simple randomly by random numbers chart to each group.

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 Zahedan University of Medical Sciences

Street address

Department of Research , Zahedan University of Medical Sciences, Dr. Hesabi Square.

City

Zahedan

Province

Sistan-va-Balouchestan

Postal code

9816743463

Approval date

2017-07-23, 1396/05/01

Ethics committee reference number

IR.ZAUMS.REC.1396. 106

Health conditions studied

1

Description of health condition studied

Hospitalized depressed patients

ICD-10 code

F32.2, F33

ICD-10 code description

Severe depressive episode without psychotic symptoms, Recurrent depressive disorder, current episode severe without psychotic symptoms

Primary outcomes

1

Description

Hope

Timepoint

Before intervention and 2 weeks after intervention

Method of measurement

Schneider's hope Questionnaire

2

Description

Happiness

Timepoint

Before intervention and 2 weeks after intervention

Method of measurement

Oxford's happiness Questionnaire

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: Firstly, the pre-test will be done. Intervention group, will be receiving scheduled appointment (six sessions). Then, the post-test will be done.

Category

Other

2

Description

Control group: Firstly, the pre-test will be done. Control group, will be receiving routine appointment. Then, the post-test will be done.

Category

Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Baharan Hospital
Full name of responsible person
Roghaieh keykha
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Imam Khomeini Street, Opposite the grain
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Sponsors / Funding sources

1

Sponsor

Name of organization / entity
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Full name of responsible person
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Grant name

Grant code / Reference number

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

Yes

Title of funding source

Zahedan University of Medical Sciences

Proportion provided by this source

100

Public or private sector

Public

Domestic or foreign origin

Domestic

Category of foreign source of funding

empty

Country of origin

Type of organization providing the funding

Academic

Person responsible for general inquiries

Contact

Name of organization / entity

Zahedan University of Medical Sciences
Full name of responsible person
Roghaieh Keykha
Position
Instructor
Latest degree
Master
Other areas of specialty/work
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Person responsible for scientific inquiries

Contact

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Person responsible for updating data

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Sharing plan**Deidentified Individual Participant Data Set (IPD)**

Undecided - It is not yet known if there will be a plan to make this available

Study Protocol

Undecided - It is not yet known if there will be a plan to make this available

Statistical Analysis Plan

Undecided - It is not yet known if there will be a plan to make this available

Informed Consent Form

Undecided - It is not yet known if there will be a plan to make this available

Clinical Study Report

Undecided - It is not yet known if there will be a plan to make this available

Analytic Code

Undecided - It is not yet known if there will be a plan to make this available

Data Dictionary

Undecided - It is not yet known if there will be a plan to make this available