Clinical Trial Protocol
Iranian Registry of Clinical Trials

16 Sep 2026

Study of The effect of group reminiscence therapy on depression, anxiety and self esteem in young adults with a history of suicide attempt

Protocol summary

Study aim
Determination of the effect of group memorization on depression, anxiety and self-esteem of young adults with suicidal attempts
Design
Clinical Trial with community based and control group, with parallel groups without blindness,Randomized, followed for one month
Settings and conduct
This study is conducted in adults with a history of suicide in Shiraz hospitals in a group
Participants/Inclusion and exclusion criteria
Inclusion criteria:The samples want to participate in the research. having a score of 11 or more in Beck Depression Inventory, score 8 or more in Beck Anxiety Inventory, and score 25 or less than in Rosenberg Self-Esteem Score. Exclusion criteria:The occurrence of any severe social, familial crises during the study، Absence in meetings more than once
Intervention groups
In this study for 20 person, 8 sessions of group reminiscence therapy intervention will be held. While the control group wont receive any intervention.
Main outcome variables
After the intervention, the depression questionnaires will be completed immediately and one month after the intervention by the participants.

General information

Reason for update
Acronym
IRCT registration information
IRCT registration number: **IRCT20090304001742N2**
Registration date: **2018-05-29, 1397/03/08**
Registration timing: **registered_while_recruiting**

Last update: **2018-05-29, 1397/03/08**
Update count: **0**
Registration date
2018-05-29, 1397/03/08

Registrant information
Name
mohammadrafi bazrafshan
Name of organization / entity
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Recruitment status
Recruitment complete
Funding source

Expected recruitment start date
2018-03-20, 1396/12/29
Expected recruitment end date
2018-06-19, 1397/03/29
Actual recruitment start date
empty
Actual recruitment end date
empty
Trial completion date
empty

Scientific title
Study of The effect of group reminiscence therapy on depression, anxiety and self esteem in young adults with a history of suicide attempt

Public title
The effect of group reminiscence therapy on young adults with a history of suicide attempt
Purpose
Treatment
Inclusion/Exclusion criteria

Inclusion criteria:
The participants want to participate in the research Don not have acute psychosis, chronic and debilitating illnesses, and cognitive diseases such as dementia, have not recently been treated in the same way Depression and anxiety disorders are not due to physical problems such as hypothyroidism Familiar with Persian A score of 11 or more in Beck Depression Inventory, score 8 or more in Beck Anxiety Inventory, and score 25 or less than in the Rosenberg Self-Esteem Score
Exclusion criteria:
The occurrence of any severe social, familial crises during the study The emergence of signs and symptoms of crisis at the time of the expression and review of life events during the study Absence in meetings more than once Abuse of alcohol or drugs Not wanting to continue participation in the study

Age
From **40 years** old to **60 years** old

Gender
Both

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **40**

Randomization (investigator's opinion)
Randomized

Randomization description
Simple randomization method, Using Excel software, a random sequence of numbers was formed and then randomly, sub-sub groups in the intervention group and above half in the control group were placed.

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 Larestan University of Medical Sciences

Street address
Emam khomeini square, velayat blv, postal code 74319-75566

City
Larestan

Province
Fars

Postal code
74319-75566

Approval date
2017-10-10, 1396/07/18

Ethics committee reference number
IR.LARUMS.1396.3

Health conditions studied

1

Description of health condition studied
in young adults with a history of suicide attempt

ICD-10 code
Z91.5

ICD-10 code description
Personal history of self-harm

Primary outcomes

1

Description
score of 10 or more in the Beck Depression Score Which indicates mild depression and higher.

Timepoint
Before the intervention, immediately and one month after the intervention

Method of measurement
Beck Depression Inventory

2

Description
Score of 8 or more Beck Anxiety Inventory Which indicates moderate and relatively severe anxiety

Timepoint
Before the intervention, immediately and one month after the intervention

Method of measurement
Beck Anxiety Inventory

3

Description
Score 25 or less from Rosenberg Self-Esteem Questionnaire Which represents a downward self-esteem

Timepoint
Before the intervention, immediately and one month after the intervention

Method of measurement
Rosenberg Self-Esteem Questionnaire

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: Received 8 sessions of structured group reminiscence therapy

Category

Treatment - Other

2

Description

Control group: are not Received any intervention

Category

Treatment - Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Namazi and Ali Asghar Hospitals

Full name of responsible person

Zakeie khoramki

Street address

Meshkin Pham Street

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7143918796

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mrbazr@sums.ac.ir

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Larestan University of Medical Sciences

Full name of responsible person

Dr Mohammad Hossein Karimi

Street address

Emam khomeini square, velayat blv, postal code 74319-75566

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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

Larestan 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

Larestan University of Medical Sciences

Full name of responsible person

Mohammad rafie Bazrafshan

Position

Faculty member

Latest degree

Ph.D.

Other areas of specialty/work

Nursery

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Person responsible for scientific inquiries

Contact

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Full name of responsible person

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Position

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Latest degree

Ph.D.

Other areas of specialty/work

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Person responsible for updating data

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Sharing plan

Deidentified Individual Participant Data Set (IPD)

Yes - There is a plan to make this available

Study Protocol

Yes - There is a plan to make this available

Statistical Analysis Plan

Yes - There is a plan to make this available

Informed Consent Form

Yes - There is a plan to make this available

Clinical Study Report

Yes - There is 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

Yes - There is a plan to make this available

Title and more details about the data/document

It can be shared by unidentifiable participants

When the data will become available and for how long

Access begins a year after the publication of results

To whom data/document is available

People who are working in the academic and scientific institutions

Under which criteria data/document could be used

It needs the agreement of Larestan Medical School

From where data/document is obtainable

mohammad rafie bazrafshan, faculty member of larestan medical school, mrbazr@sums.ac.ir, tell phone:07152255278, cell phon number:09173821959

What processes are involved for a request to access data/document

Written and formal request to the vice chancellor for research of Larestan Medical Schoo

Comments