

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

30 Jun 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 won't 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

shiraz university medical science

###### Country

Iran (Islamic Republic of)

###### Phone

+98 917 382 1959

###### Email address

mrbazr@sums.ac.ir

##### 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

**City**

Shiraz

**Province**

Fars

**Postal code**

7143918796

**Phone**

+98 71 3228 8613

**Email**

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

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**Email**

mrbazr@sums.ac.ir

**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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mrbazr@sums.ac.ir

**Person responsible for scientific inquiries**

**Contact**

**Name of organization / entity**

Larestan University of Medical Sciences

**Full name of responsible person**

Mohammad rafie Bazrafshan

**Position**

Faculty member-assistant professor

**Latest degree**

Ph.D.

**Other areas of specialty/work**

Nursery

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**Email**

mrbazr@sums.ac.ir

## Person responsible for updating data

### Contact

**Name of organization / entity**

Larestan University of Medical Sciences

**Full name of responsible person**

Mohammad rafie Bazrafshan

**Position**

Faculty member-assistant professor

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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