

Clinical Trial Protocol

Iranian Registry of Clinical Trials

17 Sep 2026

Effectiveness of short-term dynamic psychotherapy in treatment of major depressive disorder in students

Protocol summary

Study aim

The Effectiveness of Short-Term Dynamic Psychotherapy in the Treatment of Major Depressive Disorders in both sexes

Design

Clinical trial with control group, the research population including male and female students referring to counseling clinic at Hamedan University of Medical Sciences, Samples are selected using diagnostic interview then, they are randomly assigned into two experimental and control groups.

Settings and conduct

Research is interventional type; in counseling clinic at Hamedan university of Medical Sciences; the interviewer is not aware of the purpose of the interview; the data analyzer is not aware of the purpose of the research.

Participants/Inclusion and exclusion criteria

exclusion criteria: having psychotic, obsessive-compulsive, bipolar disorder, organic brain disorders, drug and alcohol dependence, cluster A and B personality disorders

Intervention groups

The therapy sessions are conducted using McCullough's manual. This model utilizes an empathic and collaborative relationship with restructure defenses and anxieties that block feelings relating with self and others. This model retains many fundamental components of prior dynamic psychotherapies. McCullough's manual for short-term dynamic psychotherapy includes three main parts; defense restructuring, affect restructuring and self and other restructuring. The control group will not receive any treatment then, after the completion of the research, they will be treated.

Main outcome variables

Sings of depression

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20160919029874N2**

Registration date: **2018-10-20, 1397/07/28**

Registration timing: **retrospective**

Last update: **2018-10-20, 1397/07/28**

Update count: **0**

Registration date

2018-10-20, 1397/07/28

Registrant information

Name

Mohammad Zarei

Name of organization / entity

Country

Iran (Islamic Republic of)

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Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2018-08-23, 1397/06/01

Expected recruitment end date

2018-09-23, 1397/07/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effectiveness of short-term dynamic psychotherapy in treatment of major depressive disorder in students

Public title

Effectiveness of dynamic psychotherapy in treatment of major depressive disorder

Purpose

Treatment

Inclusion/Exclusion criteria**Inclusion criteria:**

Major depressive disorder Age above 20 years No history of psychotherapy

Exclusion criteria:

Having personality disorder A score of less than 40 in the Beck Depression Inventory

Age

From **20 years** old to **31 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **26**

Randomization (investigator's opinion)

Randomized

Randomization description

Randomization; Use the draw method; After the diagnostic interview, the names of the people who have the inclusion criteria are written, then each name is assigned a code. The codes are written on pieces of paper and then the patients are divided into experimental and control groups using lottery.

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 Hamedan University of Medical Sciences

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Fahmideh Blvd

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Approval date

2018-06-09, 1397/03/19

Ethics committee reference number

IR.UMSHA.REC.1397.140

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

Major depressive disorder

ICD-10 code

F32.3

ICD-10 code description

Major depressive disorder, single episode, severe with psychotic features

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

Depression score in Beck Depression Inventory

Timepoint

Beginning of research, end of research, two times follow up for a month an two month

Method of measurement

Beck Depression Inventory

2**Description**

Defense Styles

Timepoint

Beginning of research, end of research, two times follow up for a month an two month

Method of measurement

Defense Styles Quastionnaire

Secondary outcomes

empty

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

Intervention group: They receive 24 sessions with primary and final evaluations. Individual psychotherapy sessions are held per week, each session lasting 45 minutes. Psychodynamic interventions are performed based on McCullough's treatment Manual. This type of treatment consists of three main parts: defenses restructuring, affect restructuring and restructuring of sense of self/others.

Category

Behavior

2**Description**

Control group: The control group receives no intervention for 24 weeks

Category

N/A

Country of origin**Type of organization providing the funding**

Academic

Recruitment centers1**Recruitment center****Name of recruitment center**

counseling clinic at Hamedan university of medical sciences

Full name of responsible person

Soheila Panahi

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Sponsors / Funding sources1**Sponsor****Name of organization / entity**

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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

Hamedan 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

Person responsible for general inquiries**Contact****Name of organization / entity**

Hamedan University of Medical Sciences

Full name of responsible person

Saber Esmkhani Akbari Nezhad

Position

Consultant

Latest degree

Master

Other areas of specialty/work

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Person responsible for scientific inquiries**Contact****Name of organization / entity**

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

Yes - There is 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

Not applicable

Informed Consent Form

No - There is not 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

No - There is not a plan to make this available

Data Dictionary

Not applicable

Title and more details about the data/document

Final results will be shared

When the data will become available and for how long

Start the access period 3 months after printing

To whom data/document is available

Academic and non-academic researchers

Under which criteria data/document could be used

Conduct interventional research

From where data/document is obtainable

Academic responsible of research

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

Sending request for data access Duration of data sending is 1 month

Comments