Clinical Trial Protocol
Iranian Registry of Clinical Trials

24 Oct 2026

The effect of picture viewing on mood improvement and reduction of suicidal thoughts in patients with major depression disorder

Protocol summary

Study aim
Determine the effect of photo viewing on improving mood creation and reduction of suicidal thoughts in patients with major depression

Design
Pre and post clinical trial has an intervention group

Settings and conduct
Study population: the population studied were major depression patients admitted to psychiatric wards affiliated to Shiraz University of Medical Sciences. Research environment: the research environment is psychiatric and psychiatric affiliated with Shiraz University of Medical Sciences.

Participants/Inclusion and exclusion criteria
Inclusion criteria: age over 18 years old; detection of major depression based on the psychiatrist's opinion and according to DSM-V criteria; having suicidal thoughts based on the psychiatrist's opinion. Exit criteria: the presence of psychotic symptoms in the patient; having other mental disorders such as personality disorders.

Intervention groups
Major depression patients admitted to psychiatric wards affiliated to Shiraz University of Medical Sciences.

Main outcome variables
This method can be used as an easy and inexpensive way to reduce the symptoms of depressed patients admitted to hospitals and reduce the length of their hospitalization. Also, if the effectiveness of inducing positive mood through watching the photos of loved ones in depressed patients can be suggested, this can be suggested to prevent the recurrence of depression symptoms in non-hospitalized patients. The results of this study can also be used for future studies.

General information

Reason for update

Acronym

IRCT registration information
IRCT registration number: **IRCT20180808040744N1**
Registration date: **2018-12-22, 1397/10/01**
Registration timing: **registered_while_recruiting**

Last update: **2018-12-22, 1397/10/01**
Update count: **0**

Registration date
2018-12-22, 1397/10/01

Registrant information

Name
Zahra Jahandide

Name of organization / entity

Country
Iran (Islamic Republic of)

Phone
+98 71 3647 4254

Email address
jahandide@sums.ac.ir

Recruitment status
Recruitment complete

Funding source

Expected recruitment start date
2018-01-21, 1396/11/01

Expected recruitment end date
2019-01-21, 1397/11/01

Actual recruitment start date
empty

Actual recruitment end date
empty

Trial completion date
2019-01-08, 1397/10/18

Scientific title
The effect of picture viewing on mood improvement and reduction of suicidal thoughts in patients with major depression disorder

Public title

The effect of picture viewing on mood improvement and reduction of suicidal thoughts in patients with major depression disorder

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria:

Inclination to participate in the study Age over 18 Major depression diagnosis according to the psychiatrist's opinion and according to DSM-V criteria Suicidal thoughts according to the psychiatrist's opinion The patient's favorable conditions for studying and watching pictures based on The opinion of the psychiatrist (in other words, the patient's condition is stable according to the psychiatrist's opinion)

Exclusion criteria:

Unwillingness to continue studying The presence of psychotic symptoms in the patient Having other mental disorders such as personality disorders, bipolar disorder or mental retardation in the patient Unwilling to photograph loved ones (for any reason)

Age

From **18 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **78**

Actual sample size reached: **78**

Randomization (investigator's opinion)

N/A

Randomization description

Blinding (investigator's opinion)

Not blinded

Blinding description

Placebo

Not used

Assignment

Single

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethics Committee of Shiraz University of Medical Sciences

Street address

Shiraz - Namazi Square - Faculty of Nursing and Midwifery of Hazrat Fatemeh

City

Shiraz

Province

Fars

Postal code

7193613119

Approval date

2018-02-07, 1396/11/18

Ethics committee reference number

IR.SUMS.REC.1396.174

Health conditions studied

1

Description of health condition studied

major depressive disorder

ICD-10 code

F32.2

ICD-10 code description

Major depressive disorder, single episode, severe without psychotic features

Primary outcomes

1

Description

Depression scores in the Bromma mood-style questionnaire-Suicidal thoughts in the questionnaire of Beh-Nmr's Self-Suicidal Thoughts Inventory in the Questionnaire of Sensing the Pleasant Dimensions and Boosting Valence Images

Timepoint

Before and after viewing photos

Method of measurement

Broms Mood Scale Questionnaire_Beck Suicidal Thoughts Questionnaire_valence and arousal questionnaire

Secondary outcomes

empty

Intervention groups

1

Description

There is only one intervention group. The interventional pattern is that this study is a pre and post clinical trial, in order to The effect of photo viewing on the improvement of mood and reduction of suicidal thoughts in patients with major depression in 1396 to 1397 will be done. The sampling method will be stratified by allocation appropriately using the list of patients. However, the researcher in First, the hospitals will be divided into two categories (Neurology Hospital Hafez, Neurology Hospital Ibn Sina). Then, each of the 2 researcher's help goes to one of the hospitals, lists the names of depressed patients and codifies their names. Then select multiple patients and invite them to participate in the study. If the selected person is not able to participate in the study with the number 3 for any reason, then the next number or previous number will be randomly selected.

Category

Rehabilitation

Recruitment centers

1

Recruitment center

Name of recruitment center
Psychiatric Hospitals Affiliated to Shiraz University of Medical Sciences

Full name of responsible person
maryam shaygan

Street address
Shiraz - Namazi Square - Faculty of Nursing and Midwifery of Hazrat Fatemeh

City
Shiraz

Province
Fars

Postal code
7193613119

Phone
+98 71 3647 4254

Fax
+98 71 3647 4252

Email
nurs_midwif@sums.ac.ir

Web page address
https://nurs-midwif.sums.ac.ir

Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Shiraz University of Medical Sciences

Full name of responsible person
Doctor GHasemi،Younes

Street address
Shiraz - Karimkhan Zand Avenue - Central Building of Shiraz University of Medical Sciences - Seventh Floor - Vice-Chancellor for Research and Technology

City
Shiraz

Province
Fars

Postal code
7134814336

Phone
+98 71 3212 2389

Fax
+98 71 3212 2430

Email
vcrdep@sums.ac.ir

Web page address
https://www.sums.ac.ir

Grant name
Deputy of Research of Shiraz University of Medical Sciences

Grant code / Reference number

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

Title of funding source
Shiraz 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
Shiraz University of Medical Sciences

Full name of responsible person
Maryam Shaygan

Position
Assistant Professor

Latest degree
Ph.D.

Other areas of specialty/work
Psychiatrics

Street address
Faculty of Nursing and Midwifery of Hazrat Fatemeh- - Namazi Square - Shiraz

City
Shiraz

Province
Fars

Postal code
7193613119

Phone
+98 71 3647 4254

Fax
+98 71 3647 4252

Email
nurs_midwif@sums.ac.ir

Web page address
https://nurs-midwif.sums.ac.ir

Person responsible for scientific inquiries

Contact

Name of organization / entity
Shiraz University of Medical Sciences

Full name of responsible person
Maryam Shaygan

Position
Assistant Professor

Latest degree
Ph.D.

Other areas of specialty/work
Psychiatrics

Street address

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Fax
+98 71 3647 4252

Email
nurs_midwif@sums.ac.ir

Web page address
https://nurs-midwif.sums.ac.ir

Person responsible for updating data

Contact

Name of organization / entity
Shiraz University of Medical Sciences

Full name of responsible person
Zahra Jahandide

Position
Master student of psychiatric nursing

Latest degree
Bachelor

Other areas of specialty/work
Nursery

Street address
Faculty of Nursing and Midwifery of Hazrat Fatemeh- - Namazi Square - Shiraz

City
Shiraz

Province
Fars

Postal code
7193613119

Phone
+98 71 3647 4254

Fax
+98 71 3647 4252

Email
nurs_midwif@sums.ac.ir

Web page address
https://nurs-midwif.sums.ac.ir

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