

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

07 Jul 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

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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**

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7134814336

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**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**

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## Person responsible for scientific inquiries

#### Contact

**Name of organization / entity**

Shiraz University of Medical Sciences

**Full name of responsible person**

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**Position**

Assistant Professor

**Latest degree**

Ph.D.

**Other areas of specialty/work**

Psychiatrics

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**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**

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Namazi Square - Shiraz

**City**

Shiraz

**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