

Clinical Trial Protocol

Iranian Registry of Clinical Trials

17 Sep 2026

The effect of positive psychotherapy on the symptoms of depression, hopelessness and suicide in patients with major depressive disorder

Protocol summary

2019-03-16, 1397/12/25

Study aim

Determine the Effect of Positive Psychology on Depression in Patients with Depression

Design

In this study, 100 patients with major depressive disorder who are eligible to enter the study are selected. Participants are randomly assigned to two intervention and control groups, each assigned a code.

Settings and conduct

The venue for the training sessions will be the Neuroscience Classroom. Group-based teaching is accompanied by lectures and group discussions, and at the end of each session, the assignments will be reviewed.

Participants/Inclusion and exclusion criteria

Entry criterion (patients with major depressive disorder)
Exit criteria (presence of psychotic symptoms and reluctance to participate in the study)

Intervention groups

The intervention group (the intervention group participates in 8 sessions of therapeutic intervention, each session being 90 minutes long) Control group (do not receive any intervention)

Main outcome variables

Change the Beck Depression Inventory Score

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20180311039044N1**
Registration date: **2019-03-16, 1397/12/25**
Registration timing: **retrospective**

Last update: **2019-03-16, 1397/12/25**

Update count: **0**

Registration date

Registrant information

Name

Sohaila Shaibanynejad

Name of organization / entity

Country

Iran (Islamic Republic of)

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+98 71 5335 0116

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Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2018-10-02, 1397/07/10

Expected recruitment end date

2019-01-30, 1397/11/10

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of positive psychotherapy on the symptoms of depression, hopelessness and suicide in patients with major depressive disorder

Public title

Positive Psychotherapy on Depression Symptoms

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria:

At least 18 years old Have reading and writing skills
Patients with major depressive disorder with psychiatrist diagnosis

Exclusion criteria:
Having other psychiatric disorders simultaneously
Substance Abuse

Age
From **18 years** old to **60 years** old

Gender
Both

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **100**

Randomization (investigator's opinion)
Randomized

Randomization description
Participants with initial entry criteria based on a computerized random number table will be allocated to intervention and control groups. In this way, from the first row, the number of pairs smaller than the total number of samples will be allocated to the intervention group and the individual numbers smaller than the whole sample will be assigned to the control group.

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 Shiraz University of Medical Sciences

Street address
Imam Hossein Square., Zand Avenue., Shiraz
University of Medical Sciences

City
Shiraz

Province
Fars

Postal code
14336 - 71348

Approval date
2018-08-01, 1397/05/10

Ethics committee reference number
IR.SUMS.REC.1397.148

Health conditions studied

1

Description of health condition studied

Major depressive disorder, recurrent severe without psychotic features

ICD-10 code

F32.2

ICD-10 code description

Major depressive disorder, single episode, severe without psychotic features

Primary outcomes

1

Description

Change in depression score

Timepoint

Before intervention - Immediately after intervention -
Three month after intervention.

Method of measurement

Beck Depression Scale

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: The intervention consists of 8 groups of positive psychotherapy sessions. Each session will be 90 minutes long, with the first 30 minutes being devoted to discussions on the principles of positive psychotherapy. 30 minutes to group discussion and exchange of comments and 30 minutes to review assignments.

Category

Behavior

2

Description

Control group: Participate in eight free sessions

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center

Department of Psychiatry, Dr. Ali Shariati Hospital, Fasa

Full name of responsible person

Soheila Sheybani

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Shariati Street, Dr. Ali Shariati Hospital

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Shiraz University of Medical Sciences
Full name of responsible person
Deputy of Research of Shiraz University of Medical Sciences
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poshtoff@sums.ac.ir

Grant name

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
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Full name of responsible person
Soheila Sheybani
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Person responsible for updating data

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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