

Clinical Trial Protocol

Iranian Registry of Clinical Trials

16 Sep 2026

The Effect of Memory Specificity Training (MEST) on Depression, Anxiety, Mental Well-Being Cognitive Emotion Regulation Strategies and Physical Symptoms in Hemodialysis Patients

Protocol summary

Study aim

Reduction Of Psychological Disorders in Patients with Hemodialysis such as Anxiety and Aepression. Increase Control and Emotion Regulation and Psychological Well-Being Hemodialysis Patients Increased Recognition and the Knowledge of Specialists about Psychological Problems and their Treatment in Hemodialysis Patients

Design

Clinical trial with intervention and control groups, semi-experimental with pretest-posttest design and follow up in the control group, purposive sampling and non-random assignment to intervention and control groups

Settings and conduct

The research population included patients under hemodialysis referring to Hajar Hospital of Tehran in 2017. For data collection, sample selection was done after getting the required permissions. Sampling was done by purposive method. On this basis, first application form of voluntary participation was distributed among the population in hemodialysis treatment centers, and 24 hemodialysis patients were selected by purposive sampling. Then, 12 people were assigned to each of the control and intervention groups. Subjects in intervention group received memory specificity training in six sessions. Then, questionnaires were distributed among the subjects and data analysis was done.

Participants/Inclusion and exclusion criteria

Inclusion criteria: Hemodialysis,Female, Willingness to Participate and Continue Pherapy Sessions,Diploma and Higher Education, Not Taking Part in any Other Psychological Treatment Exclusion criteria:Man, Taking Medications that Reduce Consciousness, Trauma or Brain Damage ,Lack of Motivation to Participate in Meetings

Intervention groups

Intervention group:Memory Specificity Training (MEST)in six sessions Control group: There is no training for this

group

Main outcome variables

Depression, Anxiety, Psychological Well-Being, Cognitive Emotion Regulation

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20190202042582N3**

Registration date: **2019-06-16, 1398/03/26**

Registration timing: **retrospective**

Last update: **2019-06-16, 1398/03/26**

Update count: **0**

Registration date

2019-06-16, 1398/03/26

Registrant information

Name

Marziyeh Noorifard

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 26 3280 3566

Email address

m_noorifard57@yahoo.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2017-04-20, 1396/01/31

Expected recruitment end date

2017-06-21, 1396/03/31

Actual recruitment start date

2017-04-20, 1396/01/31
Actual recruitment end date
2017-06-21, 1396/03/31
Trial completion date
2018-02-14, 1396/11/25
Scientific title
The Effect of Memory Specificity Training (MEST) on Depression, Anxiety, Mental Well-Being Cognitive Emotion Regulation Strategies and Physical Symptoms in Hemodialysis Patients

Public title
The Effect of Memory Specificity Training (MEST) on Mental and Emotional Health in Hemodialysis Patients

Purpose
Education/Guidance

Inclusion/Exclusion criteria
Inclusion criteria:
Willingness to Participate and Continue Therapy Sessions
Diploma and Higher Education Not Taking Part in any Other Psychological Treatment
Exclusion criteria:
Taking Medications that Reduce Consciousness Trauma or Brain Damage Lack of Motivation to Participate in Meetings

Age
From **25 years** old to **55 years** old

Gender
Female

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **24**
Actual sample size reached: **24**

Randomization (investigator's opinion)
Not randomized

Randomization description

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 Islamic Azad University-Isfahan(Khorasan)Branch
Street address

University Blvd.,East Gay Ave., Arghavaniyeh
City
Isfahan
Province
Isfahan
Postal code
8155139998
Approval date
2019-02-20, 1397/12/01
Ethics committee reference number
IR.IAU.KHUISF.REC.1397.255

Health conditions studied

1

Description of health condition studied
Depression

ICD-10 code
F32.1

ICD-10 code description
Major depressive disorder, single episode, moderate

2

Description of health condition studied
Anxiety

ICD-10 code
F41.1

ICD-10 code description
Generalized anxiety disorder

Primary outcomes

1

Description
Depression Score in Beck Questionnaire
Timepoint
The end of the intervention
Method of measurement
BAI - Beck Depression Inventory

2

Description
Anxiety Score in Beck Questionnaire
Timepoint
The end of the intervention
Method of measurement
BAI - Beck Anxiety Inventory

3

Description
Psychological well-being score in psychological well-being questionnaire
Timepoint
The end of the intervention
Method of measurement
psychological well-being questionnaire

4

Description

Emotion Score in Cognitive Emotion Regulation Questionnaire (CERQ)Questionnaire

Timepoint

The end of the intervention

Method of measurement

Cognitive Emotion Regulation Questionnaire (CERQ)

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: Participants in the intervention group included 12 hemodialysis patients, trained with specialist memory education package designed by Maxwell et al. (2015), including 6 sessions. The goal is to retrieve autobiographical memories. After completing the training, the subjects responded to the questionnaires.

Category

Behavior

2

Description

Control group: The Control Group did not participate in any kind of intervention. After two months, they answered the questionnaires.

Category

Behavior

Recruitment centers

1

Recruitment center

Name of recruitment center

Hajar Hospital

Full name of responsible person

Mohammad Kamali

Street address

Hajar Hospital.Valiasr intersection.Shahid Beheshti Ave.Teharn.Iran

City

Tehan

Province

Tehran

Postal code

1585737311

Phone

+98 21 8871 0294

Email

m_nuorifard57@yahoo.com

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Islamic Azad University

Full name of responsible person

MS.Saadat

Street address

University Blvd., Arghavaniyeh,. East Gay Ave

City

Isfahan

Province

Isfahan

Postal code

8155139998

Phone

+98 31 3535 4001

Email

m_nuorifard57@yahoo.com

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Islamic Azad University

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

Islamic Azad University

Full name of responsible person

Marziyeh Noorifard

Position

Ph.D. Student Department of Psychology

Latest degree

Ph.D.

Other areas of specialty/work

Psychology

Street address

University Blvd., Arghavaniyeh,. East Gay Ave

City

Isfahan

Province

Isfahan

Postal code

8155139998

Phone

+98 31 3535 4001

Email

m_nuorifard57@yahoo.com

Person responsible for scientific inquiries

Contact

Name of organization / entity

The University of Isfahan

Full name of responsible person

Hamid Taher Neshat Doost

Position

Professor

Latest degree

Ph.D.

Other areas of specialty/work

Psychology

Street address

Isfahan University,. Azadi Square

City

Isfahan

Province

Isfahan

Postal code

8174673441

Phone

+98 31 3793 5500

Email

h.neshat@edu.ui.ac.ir

Person responsible for updating data

Contact

Name of organization / entity

Islamic Azad University

Full name of responsible person

Marziyeh Noorifard

Position

Ph.D. Student Department of Psychology

Latest degree

Ph.D.

Other areas of specialty/work

Psychology

Street address

University Blvd., Arghavaniyeh,. East Gay Ave

City

Isfahan

Province

Isfahan

Postal code

8155139998

Phone

+98 31 3535 4001

Email

m_noorifard57@yahoo.com

Sharing plan

Deidentified Individual Participant Data Set (IPD)

No - There is not a plan to make this available

Justification/reason for indecision/not sharing IPD

No more information

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

Undecided - It is not yet known if there will be a plan to make this available

Clinical Study Report

Not applicable

Analytic Code

Not applicable

Data Dictionary

Not applicable