

Clinical Trial Protocol

Iranian Registry of Clinical Trials

16 Sep 2026

The Effectiveness of Internet-Based Psychological Intervention in patients with symptoms of depression and anxiety

Protocol summary

Study aim

Determination of the Effectiveness of Online Psychological Intervention Using Skype on Depression and Anxiety and Quality of Life in Patients

Design

Clinical trials, blind

Settings and conduct

The statistical population consists of all people who contact with the semiarom Online Counseling System and have symptoms of anxiety and depression and The research sample will consist of 12 patients who meet the criteria for entering the research. Subjects are selected through contact with the online counseling system of the semiarom and after then selecting the necessary coordination. All participants of the demographic questionnaires, Beck Depression Index (BDI-II), Beck Anxiety Inventory (BAI), World Health Organization Quality of Life Questionnaire, Initially And complete the treatment at the end of the treatment and 3 months after the completion of the treatment.

Participants/Inclusion and exclusion criteria

Inclusion Criteria: Having a higher score than normal depression and anxiety in the anxiety and depression questionnaire Minimum education guidance Age range 18 to 60 And the willingness to attend the courses in the present study Exclusion criteria: Chronic physical illness, such as cancer, chronic glands, MS, and others. Severe psychiatric disorders such as psychosis, dementia and ... Based on SCID 1 Severe personality disorders such as schizotypal and paranoid, schizoid, and frontier based on SCID 11

Intervention groups

Experimental group: A 12-week program, with 45-minute sessions once a week by its contributors, and this cognitive behavioral intervention is done individually and through Skype.

Main outcome variables

Depression-Anxiety-Quality of Life

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20141108019855N9**

Registration date: **2019-08-02, 1398/05/11**

Registration timing: **retrospective**

Last update: **2019-08-02, 1398/05/11**

Update count: **0**

Registration date

2019-08-02, 1398/05/11

Registrant information

Name

Samira Masumian

Name of organization / entity

Tehran Psychiatry Institue

Country

Iran (Islamic Republic of)

Phone

+98 21 3349 6990

Email address

samira.masumian@yahoo.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2019-04-21, 1398/02/01

Expected recruitment end date

2019-06-22, 1398/04/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The Effectiveness of Internet-Based Psychological Intervention in patients with symptoms of depression and anxiety

Public title

The Effectiveness of Internet-Based Psychological Intervention in Reducing Depression and Anxiety

Purpose

Treatment

Inclusion/Exclusion criteria**Inclusion criteria:**

Inclusion criteria include having a higher score than normal depression and anxiety in the Beck anxiety and depression questionnaires, the absence of chronic physical conditions such as cancer, chronic diseases, MS

Exclusion criteria:

Thoughts and suicide attempts

Age

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

Gender

Both

Phase

2

Groups that have been masked

No information

Sample size

Target sample size: **12**

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 Iran University of Medical Sciences

Street address

Iran University of Medical Sciences, Shahid Hemmat Highway, Tehran, IRAN

City

Tehran

Province

Tehran

Postal code

۱۴۹۹۶۱۴۵۳۵

Approval date

2019-02-24, 1397/12/05

Ethics committee reference number

IR.IUMS.REC.1397.1095

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

Anxiety and depression

ICD-10 code**ICD-10 code description****Primary outcomes****1****Description**

Depression

Timepoint

Before and after and 3 months later treatment

Method of measurement

Beck Depression Inventory

2**Description**

Anxiety

Timepoint

Before and after and 3 months later treatment

Method of measurement

Beck Anxiety Inventory

3**Description**

Quality of Life

Timepoint

Before and after and 3 months later treatment

Method of measurement

Quality of Life Inventory

Secondary outcomes

empty

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

Intervention group: A 12-week program, with 45-minute sessions once a week, and this cognitive behavioral intervention is done individually and through Skype.

Category

Treatment - Other

Recruitment centers**1****Recruitment center**

Name of recruitment center

School of Behavioral Sciences and Mental Health

Full name of responsible person

Samira Masumian

Street address

Shahid Mansouri Street, Niyayesh Street, Satarkhan Avenue, Tehran, Iran

City

Tehran

Province

Tehran

Postal code

۱۴۴۵۶۱۳۱۱۱

Phone

+98 21 6655 1515

Email

samira.masumian@yahoo.com

Sponsors / Funding sources**1****Sponsor****Name of organization / entity**

Iran University of Medical Sciences

Full name of responsible person

Deputy of Research of Iran University of Medical Sciences

Street address

Iran University of Medical Sciences, Shahid Hemmat Highway, Tehran, IRAN

City

Tehran

Province

Tehran

Postal code

1445613111

Phone

+98 21 86709

Email

ivco@iums.ac.ir

Grant name**Grant code / Reference number****Is the source of funding the same sponsor organization/entity?**

No

Title of funding source

School of Behavioral Sciences and Mental Health

Proportion provided by this source

70

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**

Iran University of Medical Sciences

Full name of responsible person

Samira Masumian

Position

Psychologist

Latest degree

Ph.D.

Other areas of specialty/work

Psychology

Street address

Iran University of Medical Sciences, Shahid Hemmat Highway, Tehran, IRAN

City

Tehran

Province

Tehran

Postal code

14665-354

Phone

+98 21 6655 1515

Email

samira.masumian@yahoo.com

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

Iran University of Medical Sciences

Full name of responsible person

samira masumian

Position

Psychologist

Latest degree

Ph.D.

Other areas of specialty/work

Psychology

Street address

School of Behavioral Sciences and Mental Health
Shahid Mansouri Street, Niyayesh Street, Satarkhan Avenue, Tehran, Iran

City

Tehran

Province

Tehran

Postal code

۱۴۴۵۶۱۳۱۱۱

Phone

+98 21 6655 1515

Email

samira.masumian@yahoo.com

Person responsible for updating data**Contact****Name of organization / entity**

Iran University of Medical Sciences

Full name of responsible person

Samira Masumian

Position

Psychologist

Latest degree

Ph.D.

Other areas of specialty/work

Psychology

Street address

School of Behavioral Sciences and Mental Health
Shahid Mansouri Street, Niyayesh Street, Satarkhan
Avenue, Tehran, Iran

City

Tehran

Province

Tehran

Postal code

1445613111

Phone

+98 21 6655 1515

Email

samira.masumian@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

In this study Not applicable

Study Protocol

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

Statistical Analysis Plan

No - There is not a plan to make this available

Informed Consent Form

No - There is not a plan to make this available

Clinical Study Report

Yes - There is a plan to make this available

Analytic Code

No - There is not a plan to make this available

Data Dictionary

No - There is not a plan to make this available

Title and more details about the data/document

Effectiveness of Online Intervention

When the data will become available and for how long

2019

To whom data/document is available

Therapists

Under which criteria data/document could be used

Therapy

From where data/document is obtainable

articles

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

Iran University of Medical Sciences

Comments