Clinical Trial Protocol
Iranian Registry of Clinical Trials

17 Sep 2026

Efficacy of Short–Term Anxiety-Regulating Psychotherapy on Love Trauma Syndrome

Protocol summary

Summary

Introduction: this study is conducted to investigating the efficacy of short term dynamic psychotherapy on Love Trauma Syndrome (LTS) on female students. LTS is included a set of signs and symptoms which appears after a collapse in a love relationship and disrupt person's functions intensively, extensively and sometimes becomeس a longstanding problem in person's life. Rechard Rosse (1990) introdued love taruma syndrome for the first time. Method: This project is a kind of multiple – baseline experimental single case study (Kazdin, 1992). Sample includes five cases and they are selected based on purposeful sampling. This intervention is conducted based on McCullough's manual for short term dynamic psychotherapy. McCullough's short term dynamic psychotherapy was prepared for restructuring defences, affects and attachments (McCullough. 1997). In general, this study have three phases. The first phase is baseline evaluation, the second phase is intervention and the third phase is two months of follow up. Intervention includes 20 weekly therapeutic sessions (each session 45 minutes) based on the manual. Instruments in this research are Love Trauma Inventory (LTI), Beck Depression Inventory (BDI-II), Global Assessment Function(GAF) of DSM-IV and Millon Personality Inventory (MCMI-II). Two methods, clinical significance and recovery percent formula are used for data analysis. When individual's scores in target problems decreased to the normal level, it concluded that results clinically are significant. In other words, individual's scores in inventories must decrease below the cut-off point to be consider clinically significant. Recovery percent formula is one of the methods to assess client's progress in decreasing target problems. More than 50% recovery in results is considered clinically significant (kazdin, 1992). Key words: love trauma syndrome, short term dynamic psychotherapy.

General information

Acronym

STDP On LTS

IRCT registration information

IRCT registration number: **IRCT138903063996N2**
Registration date: **2010-06-16, 1389/03/26**
Registration timing: **retrospective**

Last update:
Update count: **0**

Registration date

2010-06-16, 1389/03/26

Registrant information

Name

Mahmood Dehghani

Name of organization / entity

Tehran Psychiatric Institute, Iran University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 21 2290 5491

Email address

abediana@ut.ac.ir

Recruitment status

Recruitment complete

Funding source

Investigator

Expected recruitment start date

2009-05-15, 1388/02/25

Expected recruitment end date

2009-07-16, 1388/04/25

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title
Efficacy of Short–Term Anxiety-Regulating Psychotherapy on Love Trauma Syndrome

Public title
Efficacy of Short–Term Anxiety-Regulating Psychotherapy on Love Trauma Syndrome
Purpose
Treatment
Inclusion/Exclusion criteria
Inclusion criteria were: 1) 20 – 30 years old; 2) no intercourse; 3) at least six months lasting relationship; 4) no dyadic agreement on terminating relationship; 5) the goal of relationship was marriage; 6) at least three months lasting from the termination; 7) Global assessment function scale (GAF) scores between 50 – 61 and 8) no medication or any form of therapy. Exclusion criteria were: 1) serious clinical syndromes or personality disorders (such as psychosis, Bipolar disorder or Borderline Personality Disorder) and 2) serious suicidal ideation or suicidal plan.
Age
From **20 years** old to **30 years** old
Gender
Female

Phase
2
Groups that have been masked
No information
Sample size
Target sample size: **5**
Randomization (investigator's opinion)
N/A
Randomization description
Blinding (investigator's opinion)
Not blinded
Blinding description
Placebo
Not used
Assignment
Single
Other design features
This project is a kind of multiple – baseline experimental single case study

Secondary Ids

empty

Ethics committees

1

Ethics committee
Name of ethics committee
Tehran Psychiatric Institute, Iran University of Medical Sciences
Street address
Shahid Mansoori Alley, Niayesh St., Sattarkhan Ave., Tehran, Iran
City
Tehran
Postal code
Approval date
2009-05-13, 1388/02/23
Ethics committee reference number
A/125

Health conditions studied

1

Description of health condition studied
Love Trauma Syndrome
ICD-10 code
ICD-10 code description

Primary outcomes

1

Description
Love Trauma Inventory Score
Timepoint
4 weeks and 2 weeks before intervetion., 1th session, 3th session, 5th session, 10th session, 15th session, 20th session of intervention., one and two months after intervention
Method of measurement
Love Trauma Inventory

2

Description
Beck Depression Inventory Score
Timepoint
one month before internetion, 1th session, 10th session and 20th session of intervention, two month after intervention.
Method of measurement
Beck Depression Inventory

Secondary outcomes

1

Description
Global assessment function scale score (GAF) of DSM-IV
Timepoint
one month before interventin, 1th session and 20th session of intervention, two month after intervention
Method of measurement
Global assessment function scale(GAF) of DSM-IV

Intervention groups

1

Description
This project is a kind of multiple – baseline experimental single case study (Kazdin, 1992). Sample includes five

cases and they are selected based on purposeful sampling. This intervention is conducted based on McCullough's manual for short term dynamic psychotherapy. McCullough's short term dynamic psychotherapy was prepared for restructuring defenses, affects and attachments (McCullough. 1997). In general, this study includes three stages, the first stage is baseline evaluation, the second is intervention and the third is two months follow up. Intervention includes 20 weekly therapeutic sessions (each seseion 45 minutes) based on the manual. this intervention takes place in five months.

Category

Treatment - Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Honar University Counseling Center

Full name of responsible person

Mrs Amiri

Street address

Shahid Balavar Alley, Enqlab Ave

City

Tehran

2

Recruitment center

Name of recruitment center

Poli technique University Counseling Center

Full name of responsible person

Mrs Biglari

Street address

Rasht Alley, Valiyeh Asr Ave

City

Tehran

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Tehran Psychiatric Institute, Iran University of Medical Sciences

Full name of responsible person

Mahmood Dehghani (investigator)

Street address

Deputy of Research. Central Building. Iran University of Medical Sciences, Hemmat highway, Tehran, Iran

City

Tehran

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Tehran Psychiatric Institute, Iran University of Medical Sciences

Proportion provided by this source

100

Public or private sector

empty

Domestic or foreign origin

empty

Category of foreign source of funding

empty

Country of origin

Type of organization providing the funding

empty

Person responsible for general inquiries

Contact

Name of organization / entity

Tehran Psychiatric Institute, Iran University of Medical Sciences.

Full name of responsible person

Mahmood Dehghani

Position

PhD.student of Clinical Psychology

Other areas of specialty/work

Street address

Shahid Mansoori Alley, Niayesh St., Sattarkhan Ave., Tehran, Iran

City

Tehran

Postal code

Phone

+98 21 6655 1575

Fax

Email

mdehghani2004@gmail.com

Web page address

Person responsible for scientific inquiries

Contact

Name of organization / entity

Tehran Psychiatric Institute, Iran University of Medical Sciences.

Full name of responsible person

Mahmood Dehghani

Position

PhD.student of Clinical Psychology

Other areas of specialty/work

Street address

Shahid Mansoori Alley, Niayesh St., Sattarkhan Ave., Tehran, Iran

City

Tehran

Postal code

Phone

+98 21 6655 1575

Fax

Email

mdehghani2004@gmail.com

Web page address

Person responsible for updating data

Contact

Name of organization / entity
Tehran Psychiatric Institute, Iran University of Medical Sciences.

Full name of responsible person
Mahmood Dehghani

Position
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Street address
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City
Tehran

Postal code

Phone
+98 21 6655 1575

Fax

Email
mdehghani2004@gmail.com

Web page address

Sharing plan

Deidentified Individual Participant Data Set (IPD)
empty

Study Protocol
empty

Statistical Analysis Plan
empty

Informed Consent Form
empty

Clinical Study Report
empty

Analytic Code
empty

Data Dictionary
empty