

Clinical Trial Protocol

Iranian Registry of Clinical Trials

26 Jun 2026

The effect of client-centered group play therapy on depression in preschool children

Protocol summary

Depression score was obtained from Child Depression Questionnaire

Study aim

The Effect of Reference-Based Play Therapy on Depression in school Children

Design

The game therapy protocol was administered to the experimental group in 10 sessions of 45 minutes (two sessions per week) in the presence of a psychologist with experience of playing therapy. The control group did not receive any intervention. One week after the completion of the play therapy protocol, the depression questionnaire was again used for the control and test groups.

Settings and conduct

Using multistage cluster sampling method, 64 children who scored above 12 were divided into control and experimental groups. 16 children aged 7-9 years and 16 children 10-12 years old were randomly assigned to each group. Game-therapy was administered to the experimental group in 10 sessions of 45 minutes (two sessions per week) in the presence of a psychologist with experience of playing therapy. One week after completion of the re-treatment protocol, the depression questionnaire was used for the control and experimental groups.

Participants/Inclusion and exclusion criteria

High score of 12 from Child Depression Questionnaire, Parent and Child Satisfaction Questionnaire for not participating in the study; Exclusion criteria included parental or child dissatisfaction, failure to attend more than two sessions, and the child being treated with psychiatric or psychiatric medication.

Intervention groups

The game therapy protocol was administered to the experimental group in 10 sessions of 45 minutes (two sessions per week) in the presence of a psychologist with experience of playing therapy. The control group received no intervention a week after the completion of the Depression Inventory play therapy protocol.

Main outcome variables

General information

Reason for update

Acronym

-

IRCT registration information

IRCT registration number: **IRCT20190829044641N1**

Registration date: **2019-11-05, 1398/08/14**

Registration timing: **retrospective**

Last update: **2019-11-05, 1398/08/14**

Update count: **0**

Registration date

2019-11-05, 1398/08/14

Registrant information

Name

Ferehteh Daneshi

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 34 4321 0416

Email address

danshif33@gmail.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2018-10-04, 1397/07/12

Expected recruitment end date

2019-01-06, 1397/10/16

Actual recruitment start date

2018-10-04, 1397/07/12

Actual recruitment end date

2019-01-06, 1397/10/16
Trial completion date
2019-08-15, 1398/05/24

Scientific title
The effect of client-centered group play therapy on depression in preschool children

Public title
The effect of play therapy on depression

Purpose
Treatment

Inclusion/Exclusion criteria
Inclusion criteria:
High score of 12 from Child Depression Questionnaire, Parent and Child Satisfaction Questionnaire, no child under psychiatric and psychological drug treatment
Exclusion criteria:
Parent or child dissatisfaction, child being treated with psychiatric or psychiatric medication

Age
From **7 years** old to **12 years** old

Gender
Both

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **64**
Actual sample size reached: **64**

Randomization (investigator's opinion)
Randomized

Randomization description
The girls 'and boys' elementary schools were selected using multistage cluster sampling method and the child depression questionnaire was distributed among the students and delivered in the same session in coordination with the school authorities and written consent of the parents.

Blinding (investigator's opinion)
Not blinded

Blinding description

Placebo
Not used

Assignment
Factorial

Other design features
In this study two intervention and control groups were given 10 sessions of play therapy protocol and forty five minutes each session for intervention group.

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethics Committee of Jiroft University of Medical Sciences
Street address
Jiroft Mesali Street Jiroft University of Medical Sciences
City
Jiroft
Province
Kerman
Postal code
7861616893
Approval date
2018-10-10, 1397/07/18
Ethics committee reference number
lr.jmu.rec.1397.032

Health conditions studied

1

Description of health condition studied

افسردهی کودکان

ICD-10 code

-

ICD-10 code description

-

Primary outcomes

1

Description

The status of cloudiness is assisted by the cloudiness questionnaire

Timepoint

The intervention was performed before and one week after the intervention

Method of measurement

Child Depression Questionnaire CDI

Secondary outcomes

empty

Intervention groups

1

Description

The game therapy protocol for the experimental group was performed in 10 sessions and 45 minutes in the game room with the presence of a psychologist with experience of playing therapy.

Category

Treatment - Other

2

Description

Control group: 32(personsand girls).No game therapy for control group Ethically introduced to psychology center in the city

Category
Diagnosis

Recruitment centers

1

Recruitment center

Name of recruitment center

Elementaryschool

Full name of responsible person

Fereshteh Daneshi

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Email

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Web page address

[https://fa.irct.ir/user/trial/41828/update/recruitment_entrer](https://fa.irct.ir/user/trial/41828/update/recruitment_enter)

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Vice Chancellor for Research, Jiroft University of
Medical Sciences

Full name of responsible person

Fatemeh Seydi

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No. 10, Pasdaran Ave., Mosala Blvd., University of
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Web page address

<https://fa.irct.ir/user/trial/41828/update/sponsor>

Grant name

Does not have

Grant code / Reference number

خير

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

No

Title of funding source

Vice Chancellor for Research, Jiroft University of Medical
Sciences

Proportion provided by this source

60

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

Jeeroft University of Medical Sciences

Full name of responsible person

Fereshteh Daneshi

Position

Instructor of Science

Latest degree

Master

Other areas of specialty/work

Nursery

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https://fa.irct.ir/user/trial/41828/update/public_queries_contact

Person responsible for scientific inquiries

Contact

Name of organization / entity

Jeeroft University of Medical Sciences

Full name of responsible person

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Position

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Other areas of specialty/work

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Web page addresshttps://fa.irct.ir/user/trial/41828/update/scientific_queries_contact**Person responsible for updating data****Contact****Name of organization / entity**

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Full name of responsible person

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Latest degree

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Other areas of specialty/work

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F_daneshi55@yahoo.com

Web page addresshttps://fa.irct.ir/user/trial/41828/update/data_updater_contact**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

Study Protocol

No - There is not 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

No - There is not 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