

Clinical Trial Protocol

Iranian Registry of Clinical Trials

06 Jul 2026

A study of the effectiveness of transdiagnostic unified protocol on the treatment of posttraumatic stress disorder and comorbid symptoms in survivors of earthquake

Protocol summary

Study aim

Evaluation of the effectiveness of integrated ultrasound treatment on treatment Post-traumatic stress disorder and comorbid symptoms in earthquake survivors Sarpole Zahab in 1396

Design

This study controlled clinical trial Includes repeated measurements with an integrated ultrasound intervention recipient group and a routine treatment recipient group. The sample size is 33 individuals and all individuals attending the choice of therapist (those who attend the couple's day in the experimental group and those who receive the individual's day). They are included in the control group) randomly included in the experimental and control groups.

Settings and conduct

People referred to Farabi Clinic and Kermanshah Psychiatric Clinics and diagnosed by a psychiatrist are referred to a therapist and re-interviewed by a psychologist. Individuals receive sickness. The duration of each session is 90 minutes. Two months after the intervention, the subjects will be reassessed to assess follow-up. Treatment sessions include emotional awareness, attention awareness, recording and recognizing emotions, and so on.

Participants/Inclusion and exclusion criteria

Inclusion criteria: Minimum 18 years old and 40 years old, minimum third grade education, participation in treatment, no symptoms of decompensation. Exclusion criteria: psychosis and bipolar disorder, uncontrollable flashback

Intervention groups

In this study, the experimental group (n = 11) received integrated ultrasound treatment, together with a guidebook for this treatment, and for the control group (n = 22), the Ministry of Health protocol treatment. The aim of the study was to evaluate the effectiveness of the

integrated ultrasound treatment.

Main outcome variables

Depression, Anxiety, Sleep quality, Quality of life, Social adjustment, posttraumatic stress disorder

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20180421039369N4**

Registration date: **2019-12-13, 1398/09/22**

Registration timing: **retrospective**

Last update: **2019-12-13, 1398/09/22**

Update count: **0**

Registration date

2019-12-13, 1398/09/22

Registrant information

Name

Nasrin Jaberghaderi

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

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Email address

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Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2019-06-22, 1398/04/01

Expected recruitment end date

2019-07-23, 1398/05/01

Actual recruitment start date

empty

Actual recruitment end date
empty

Trial completion date
empty

Scientific title
A study of the effectiveness of transdiagnostic unified protocol on the treatment of posttraumatic stress disorder and comorbid symptoms in survivors of earthquake

Public title
A study of the effectiveness of transdiagnostic unified protocol on the treatment of posttraumatic stress disorder

Purpose
Treatment

Inclusion/Exclusion criteria
Inclusion criteria:
Minimum age 18 and maximum 40 yrsr Minimum tertiary guidance education a person with post-traumatic stress disorder trauma after experiencing sarpole zahab earthquake as a diagnosis based on a psychologist Motivation and lack of motivation to participate in treatment No symptoms of disassociation.
Exclusion criteria:
Criteria exit :Psychotic and bipolar disorder, uncontrollable flashback

Age
From **18 years** old to **40 years** old

Gender
Both

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **33**

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 Kermanshah University of

Medical Sciences

Street address
Central Building of Kermanshah University of Medical Sciences,Shahid Beheshti Blvd,Kermanshah

City
Kermanshah

Province
Kermanshah

Postal code
6715847141

Approval date
2019-10-14, 1398/07/22

Ethics committee reference number
IR.KUMS.REC.1398.698

Health conditions studied

1

Description of health condition studied

Post Traumatic Stress Disorder

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description

posttraumatic stress disorder

Timepoint

A week befor the intervention,one week after the intervention,Two months after the intervention

Method of measurement

Mississippi Scale

Secondary outcomes

1

Description

Depression

Timepoint

A week befor the intervention,one week after the intervention,Two months after the intervention

Method of measurement

Beck Depression Inventory(BDI-II)

2

Description

Anxiety

Timepoint

A week befor the intervention,one week after the intervention,Two months after the intervention

Method of measurement

,Hamiton Rating Scale for Anxiety(HRSA)

3

Description

Quality of Life

Timepoint

A week before the intervention, one week after the intervention, Two months after the intervention

Method of measurement

Ware & Sherbourne Inventory,

4

Description

Sleep Quality

Timepoint

A week before the intervention, one week after the intervention, Two months after the intervention

Method of measurement

,Pittsburgh Sleep Quality Index

5

Description

posttraumatic stress disorder

Timepoint

A week before the intervention, one week after the intervention, Two months after the intervention

Method of measurement

Mississippi Scale

6

Description

Social Adjustment

Timepoint

A week before the intervention, one week after the intervention, Two months after the intervention

Method of measurement

Bell Adjustment Questionnaire

Intervention groups

1

Description

Intervention group: In this study, Barlow's integrated, meta-diagnostic ultrasound treatment will be used. The sample included 33 individuals, divided randomly into two groups of experimental and control, with 11 subjects in the experimental group and 22 in the control group. A group will be provided individually for 12 sessions. The sessions consist of eight sections: Section 1) Increasing motivation to participate in therapy, Section 2) Psychological training and tracking of emotional experiences, Section 3) Emotional awareness training 4) Evaluating and modifying cognitive assessment, Section 5) Emotional avoidance Emotional behaviors, Section 6) Understanding Physical Emotions and Their Tolerance, Section 7) Exposure to External and Internal Emotions, Section 8) Preventing Recurrence

Category

Behavior

2

Description

Control group: Control group: control group consist of 22

people who are waiting in the waiting list and do not receive treatment during the time of intervention. but after treatment, they will receive ministry of health conventional treatment for maintaining the ethics of the control group

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center

Farabi Hospital

Full name of responsible person

Nahid Piri

Street address

Farabi Hospital, at the beginning of Dolatabad Boulevard, Isar Square, Kermanshah

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Kermanshah University of Medical Sciences

Full name of responsible person

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Grant name

Grant code / Reference number

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

Yes

Title of funding source

Kermanshah 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

Kermanshah

Province

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

Kermanshah University of Medical Sciences

Full name of responsible person

Nahid piri

Position

Student

Latest degree

Bachelor

Other areas of specialty/work

Psychology

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Full name of responsible person

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Position

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Latest degree

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Other areas of specialty/work

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

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Position

Student

Latest degree

Bachelor

Other areas of specialty/work

Psychology

Street address

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Farabi,Kermanshah.

City**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

There is no more information

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