

# 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

+98 83 3427 4622

##### Email address

nasrin.jaberghaderi@kums.ac.ir

##### 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 before 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 before 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 before 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

#### **City**

Kermanshah

#### **Province**

Kermanshah

#### **Postal code**

6715847141

#### **Phone**

+98 83 3827 1447

#### **Email**

nahidpiri1989@gmail.com

### **Sponsors / Funding sources**

#### **1**

#### **Sponsor**

#### **Name of organization / entity**

Kermanshah University of Medical Sciences

#### **Full name of responsible person**

Farid Najafi

#### **Street address**

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

#### **City**

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#### **Phone**

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#### **Email**

farid-n32@yahoo.com

#### **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**

Kermanshah

**Postal code**

6711591447

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+98 83 3827 2949

**Email**

nahidpiri1989@gmail.com

**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

**Street address**

Isar Square at the beginning of Dolat abad Hospital  
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**Person responsible for updating data****Contact****Name of organization / entity**

Kermanshah University of Medical Sciences

**Full name of responsible person**

Nasrin Jaberghaderi

**Position**

Assistant Professor

**Latest degree**

Ph.D.

**Other areas of specialty/work**

Psychology

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**Email**

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**Person responsible for scientific 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

**Street address**

Isar Square at the beginning of Dolat abad Hospital  
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