

Clinical Trial Protocol

Iranian Registry of Clinical Trials

01 Jul 2026

Comparison the affectibility of Hypnotherapy and pharmacotherapy on depression of Depressed patients

Protocol summary

Study aim

Definition Comparison the Effectiveness of Hypnotherapy and pharmacotherapy on Depression of Depressed Patients

Design

All clients were students of Sari Azad University and Payame Noor Sari. They were selected by available sampling. In this way, the students who took the Beck rapter depression Test were invited to participate after their depression scores were evaluated. With the approval of a psychiatrist, 15 people in the hypnosis group, 15 people in the medication group and 15 people in the control group. 15 people in the hypnosis group received hypnotherapy in 7 sessions.

Settings and conduct

The study was performed in Shari city clinic and was held once a week

Participants/Inclusion and exclusion criteria

1. Lack of under controlled Convulsions 2. Lack of serious Thoughts about Self-injury or other's 3. Lack of former allergy to fluoxetine 4. Agreements to doing the test. Exclusion criteria: 1. The unwillingness of the individual to continue in the research 2. Do not attend more than 2 sessions of hypnotherapy sessions 3. Do not take the drug for more than two weeks.

Intervention groups

21 Questions pre test questionnaire of Beck depression inven tory was given to each group. For the intervention gruop , Hypnosis therapy training sessions were held in 7 sessions of week. The Psychiatrist prescribed 20 mg of Fluxetine capsules daily for The second intervention gruop for 7 weeks.The control group only received a questionnaire during the treatment period and did not receive any treatment.

Main outcome variables

Depression

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20131007014928N8**

Registration date: **2021-11-13, 1400/08/22**

Registration timing: **retrospective**

Last update: **2021-11-13, 1400/08/22**

Update count: **0**

Registration date

2021-11-13, 1400/08/22

Registrant information

Name

Mehdi Pourasghar

Name of organization / entity

Mazandaran University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 11 3327 3024

Email address

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Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2019-09-27, 1398/07/05

Expected recruitment end date

2020-01-30, 1398/11/10

Actual recruitment start date

2019-09-27, 1398/07/05

Actual recruitment end date

2020-09-10, 1399/06/20

Trial completion date

2020-09-10, 1399/06/20

Scientific title

Comparison the affectibility of Hypnotherapy and pharmacotherapy on depression of Depressed patients

Public title

Comparison the Affectibility of Hypnotherapy and pharmacotherapy on depression of Depressed patients

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria:

Earn more than 30 points in the Beck Depression Test
Having a minimum age of 20 and a maximum of 60 years
Agreements to doing the test

Exclusion criteria:

lack of under controlled convulsions
lack of serious thoughts about self-injury or other`s lack of former allergy to Flouxetine

Age

From **20 years** old to **60 years** old

Gender

Female

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **45**

Actual sample size reached: **60**

Randomization (investigator's opinion)

Randomized

Randomization description

Sampling Method in this Research is the Available type. After the Initial Evaluation of Beck Depression Test, 45 People Having Scores Higher than 30 Were Selected and divided in 3 groups with simple randomization by sealed envelops.

Blinding (investigator's opinion)

Not blinded

Blinding description

Placebo

Used

Assignment

Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethic committee of Mazandaran university of Medical Sciences and Health Services

Street address

Mazandaran University of Medical Sciences , Vali-asr Boulevard , sari , Mazandaran , Iran

City

Sari

Province

Mazandaran

Postal code

۹۱۹۷۱_۴۸۴۷۱

Approval date

2019-09-27, 1398/07/05

Ethics committee reference number

IR.IAU.AMOL.REC.1398.556

Health conditions studied

1

Description of health condition studied

Depression

ICD-10 code

F32

ICD-10 code description

Major depressive disorder, single episode

Primary outcomes

1

Description

Depression score in BECK test

Timepoint

Before and 7 weeks after the intervention

Method of measurement

Beck Depression Inventory

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group1: For the intervention group, hypnosis sessions were held in 7 sessions of 45 minutes for 7 weeks.

Category

Treatment - Other

2

Description

Intervention group2: For the intervention group They received 20 mg of fluoxetine capsules daily for 7 weeks

Category

Treatment - Other

3

Description

Control group: The control group only received a questionnaire during the treatment period and did not receive any treatment

Category

Treatment - Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Zare Hospital

Full name of responsible person

Mehdi Pourasghar

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Mazandaran University of Medical Sciences , Vali-Asr
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m.pourasghar@mazums.ac.ir

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Mazandaran University of Medical Sciences

Full name of responsible person

Sahar Eslami koulaee

Street address

Amol, km 5 of the old Road from Amol to Babol

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3358461514

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info@iauamol.ac.ir

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

No

Title of funding source

Sari 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

Person responsible for general inquiries

Contact

Name of organization / entity

Mazandaran University of Medical Sciences

Full name of responsible person

Mehdi Pourasghar

Position

Associat proffessor of psychiatry

Latest degree

Subspecialist

Other areas of specialty/work

Psychiatics

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Person responsible for scientific inquiries

Contact

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Full name of responsible person

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Position

Associat proffessor of psychiatry

Latest degree

Subspecialist

Other areas of specialty/work

Psychiatics

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Person responsible for updating data

Contact

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Full name of responsible person

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Position

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Latest degree

Master

Other areas of specialty/work

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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

The data is completely personal and contrary to professional ethics

Study Protocol

Yes - There is a plan to make this available

Statistical Analysis Plan

No - There is not a plan to make this available

Informed Consent Form

Yes - There is a plan to make this available

Clinical Study Report

Yes - There is a plan to make this available

Analytic Code

Not applicable

Data Dictionary

Not applicable

Title and more details about the data/document

Statistical documents are available

When the data will become available and for how long

Six months after publication if manuscript

To whom data/document is available

for researcher and scientists

Under which criteria data/document could be used

no limitation

From where data/document is obtainable

me_pourasghar@yahoo.com

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

e-mail to me_pourasghar@yahoo.com

Comments