

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

02 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

m.pourasghar@mazums.ac.ir

##### 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

**Street address**

Mazandaran University of Medical Sciences , Vali-Asr  
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## 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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Sari

**Province**

Mazandaran

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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**

Psychiatrics

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## Person responsible for scientific inquiries

#### Contact

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## Person responsible for updating data

#### Contact

**Name of organization / entity**

Islamic Azad University

**Full name of responsible person**

Sahar eslami koulaee

**Position**

Master of Clinical Psychology

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Master

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**Phone**

0098 11 ۳۳۰۲۴۰۰۰۰

**Email**

eslamisahar698@gmail.com

**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**