

Clinical Trial Protocol

Iranian Registry of Clinical Trials

12 Jul 2026

Investigating the effect of spiritual group therapy on alexithymia in depressed patients

Protocol summary

Registration timing: **registered_while_recruiting**

Study aim

Investigating the effect of spiritual group therapy on alexithymia in depressed patients referred to Modares Psychiatric hospital in Isfahan province, 2020

Last update: **2021-01-13, 1399/10/24**

Update count: **0**

Registration date

2021-01-13, 1399/10/24

Design

This study is a non-blinded clinical trial with a parallel design and a control group. The study population will include all depressed patients referred to the psychiatric ward of Ayatollah Modarres hospital of Isfahan. Sixty two (62) eligible patients will be selected conveniently. A random number table is used for randomization and participants are assigned to two intervention and control groups.

Registrant information

Name

Feizollah Foroughi

Name of organization / entity

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Settings and conduct

This study, which will be conducted at Ayatollah Modarres hospital of Isfahan, is a non-blinded one. At the beginning of the study, the Alexithymia questionnaire will be provided for patients.

Recruitment status

Recruitment complete

Funding source

Participants/Inclusion and exclusion criteria

Inclusion criteria: Age between 20 to 40 years; Patients with a diagnosis of major depression; Patients with bipolar disorder diagnosis in the depressive phase. Non-inclusion criteria: Patients with bipolar disorder in the manic phase

Expected recruitment start date

2021-01-09, 1399/10/20

Expected recruitment end date

2021-03-10, 1399/12/20

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Intervention groups

The intervention group according to the protocol of spiritual group therapy (Richards and Bergin), will be taught 8 90-minute sessions in three days a week. The control group will not receive any training.

Main outcome variables

Alexithymia

Scientific title

Investigating the effect of spiritual group therapy on alexithymia in depressed patients

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20130812014333N159**

Registration date: **2021-01-13, 1399/10/24**

Public title

The effect of spiritual group therapy on alexithymia in depressed patients

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria:

Age between 20 to 40 years old Patients with a diagnosis of major depression Patients with bipolar disorder diagnosis in the depressive phase

Exclusion criteria:

Patients with bipolar disorder in the manic phase

Age

From **20 years** old to **40 years** old

Gender

Both

Phase

2-3

Groups that have been masked

No information

Sample size

Target sample size: **62**

Randomization (investigator's opinion)

Randomized

Randomization description

Using the random number table, patients are divided into two groups of 62. Each patient is assigned a 4-digit code based on the random number table, Based on the right number of patients code, the patients are divided into two groups. Patients whose last digit is 0, 2, 4, 6, 8 will be assigned to the intervention group and patients whose last digit is 1,3,5, 7, 9 will be assigned to the control group

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 Azad University, Khorasgan Branch

Street address

Daneshgah Blvd, Arghavaniyeh, East Jay street

City

Isfahan

Province

Isfahan

Postal code

8155139998

Approval date

2020-09-16, 1399/06/26

Ethics committee reference number

IR.IAU.KHUISF.REC.1399.170

Health conditions studied

1

Description of health condition studied

Depression

ICD-10 code

F32.1

ICD-10 code description

Major depressive disorder, single episode, moderate

Primary outcomes

1

Description

Alexithymia

Timepoint

The beginning of the study and the end of the study

Method of measurement

Using the Toronto Alexithymia Scale

Secondary outcomes

empty

Intervention groups

1

Description

The intervention group according to the protocol of spiritual group therapy (Richards and Bergin), will be taught 8 90-minute sessions in three days a week

Category

Other

2

Description

The control group will not receive any training.

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center

Ayatollah Modarres Hospital

Full name of responsible person

Tahereh Ahmadian Najafabadi

Street address

Ayatollah Modarres Hospital; 18th km of Najafabad; Najafabad

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity
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Full name of responsible person
Dr. Mahsasadat Mosavi
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Daneshgah Blvd, Arghavaniyeh, East Jay street
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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
Islamic Azad University
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
Islamic Azad University
Full name of responsible person
Tahereh Ahmadian Najafabadi
Position
Masters student
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Bachelor
Other areas of specialty/work
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Person responsible for scientific inquiries

Contact

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Dr. Roya Torkashvand
Position
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Person responsible for updating data

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Sharing plan**Deidentified Individual Participant Data Set (IPD)**

Undecided - It is not yet known if there will be a plan to make this available

Study Protocol

Undecided - It is not yet known if there will be 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

Undecided - It is not yet known if there will be a plan to make this available

Analytic Code

Not applicable

Data Dictionary

Not applicable