

Clinical Trial Protocol

Iranian Registry of Clinical Trials

15 Jul 2026

The effect of group narrative therapy on self-esteem and happiness of patients with major depression

Protocol summary

Study aim

Determining the effect of group narrative therapy on self-esteem and happiness of patients with major depression.

Design

A randomized, non-blinded, non-randomized clinical trial was performed on 60 patients.

Settings and conduct

All hospitalized patients diagnosed with major depression in hospitals and psychiatric clinics will be randomly assigned to two groups of 30 people for intervention and control, so that after completing the first 30 people with the necessary conditions Will be selected as the intervention group and then the next 30 people with the necessary conditions will be included in the study as the control group.

Participants/Inclusion and exclusion criteria

Entry requirements: 1. Age between 18 to 60 years. 2. Literacy. 3. Their self-esteem score according to Rosenberg questionnaire is less than zero. 4. Their happiness score according to the Oxford questionnaire is less than 43. 5. Their depression score should be between 20 and 28 according to Beck Do questionnaire. No entry conditions: 6- No history of participation in similar periods of narrative therapy. 1. Unwillingness to cooperate. 2. The patient has a debilitating disease. 3. History of mental illness affecting the study such as schizophrenia and manic disease.

Intervention groups

referring to psychiatric clinics, 60 patients with major depression who meet the inclusion criteria are selected and the available forms are assigned to two groups of intervention and control (30 people in each group).eight sessions of ninety minutes after week 2 of narrative therapy sessions will be carried out, if for no intervention control group will not be

Main outcome variables

Determining and comparing between groups the score of depression intensity, happiness and self-esteem of

patients with major depression at the beginning of the study and after the intervention.

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20201230049886N1**

Registration date: **2021-02-05, 1399/11/17**

Registration timing: **registered_while_recruiting**

Last update: **2021-02-05, 1399/11/17**

Update count: **0**

Registration date

2021-02-05, 1399/11/17

Registrant information

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Name of organization / entity

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Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2020-12-30, 1399/10/10

Expected recruitment end date

2021-04-30, 1400/02/10

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of group narrative therapy on self-esteem and happiness of patients with major depression

Public title

The effect of group narrative therapy on self-esteem and happiness of patients with major depression.

Purpose

Supportive

Inclusion/Exclusion criteria**Inclusion criteria:**

Diagnosis of major depression by a psychiatrist based on criteria based on the Diagnostic and Statistical Manual of Mental Disorders (DSMV). Age between 18 and 60 years. Be literate. Their self-esteem score is less than zero according to the Rosenberg questionnaire. Their happiness score according to the Oxford questionnaire is less than 43. Their depression score is between 20 and 28 according to Beck questionnaire. No history of participating in similar courses of narrative therapy.

Exclusion criteria:**Age**

From **18 years** old to **60 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **60**

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 Yasouj University of Medical Sciences

Street address

Vice Chancellor for Research and Technology, Yasouj University of Medical Sciences, Shahid Motahari Blvd., Yasouj, Iran

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Kohgiluyeh-va-Boyer-Ahmad

Postal code

7591741417

Approval date

2020-10-05, 1399/07/14

Ethics committee reference number

IR.YUMS.REC.1399.137

Health conditions studied**1****Description of health condition studied**

اختلال افسردگی اساسی

ICD-10 code

F32

ICD-10 code description

Major depressive disorder, single episode

Primary outcomes**1****Description**

Self-esteem

Timepoint

Before intervention, immediately, 2 weeks after intervention

Method of measurement

questionnaire

2**Description**

Happiness

Timepoint

Before intervention, immediately, 2 weeks after intervention

Method of measurement

questionnaire

Secondary outcomes**1****Description**

Depression

Timepoint

Before intervention

Method of measurement

questionnaire

Intervention groups**1****Description**

Intervention group: the first session : qualifying members

to each other , specifying the goals and rules of meetings , defining the desired therapeutic model , encouraging members to explain their narratives . the second meeting : about the theme of the story of life : drawing and expanding the story of life and giving it starting point , clarifying the story of the story , clarifying the story of saturation of the problem , investigating the influence of problem in the person and how they made them . the third meeting : the achievement of the dominant principles of life : achieving the governing principles of life as if people , finding the experience that caused the person to rise or vice versa , led to a drastic drop in the person , to see the story in the form of " deconstruction " : problem naming , breaking the problem . the fifth session : initiatives : challenging the members , determining the positive and negative factors by encouraging them to describe the small narratives of the problem . meeting 6 : non - peer outcomes : investigation of unique consequences , employing new elements in narration , prioritization of priorities and wishes and important goals of life , change of important life changes . the seventh session : an opening of the narrative of life : relying on the strengths of the authorities , analysis of the new narrative with one 's life , the new version of the life story .

Category
Behavior

2

Description
Control group: It includes people who have not been treated and receive only the usual treatments.

Category
Behavior

Recruitment centers

1

Recruitment center

Name of recruitment center
Shahid Rajaei Psychiatric Hospital in Yasuj
Full name of responsible person
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Sponsors / Funding sources

1

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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
Yasouj 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
Yasouj University of Medical Sciences
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Position
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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

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

Informed Consent Form

Undecided - It is not yet known if there will be 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

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

Data Dictionary

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