

Clinical Trial Protocol

Iranian Registry of Clinical Trials

15 Jul 2026

The Effectiveness of Partner Assisted Emotional Disclosure Therapy on Alexithymia in Patients with Psychogenic Non Epileptic Seizures(PNES)

Protocol summary

Study aim

The aim of this research was to study the effectiveness of partner assisted emotional disclosure therapy on alexithymia in patients with psychogenic non epileptic seizures(PNES).

Design

A randomized, single-blind, randomized controlled clinical trial study on 6 patients, randomization performed using lottery method.

Settings and conduct

After sampling, three patients underwent asynchronous emotional disclosure treatment with one-week intervals. Therapeutic sessions were held at the Behavioral Sciences Center of Shahid Chamran University of Ahvaz. In this study, the treatment of marital emotional disclosure was presented in eight sessions. The treatment protocol in this study was defined based on three baselines and the first patient entered the treatment stages after determining the third baseline. Then, after completing the baseline, each patient started the treatment process with an interval of one week. So the second patient entered the study in the second session of the treatment of the first patient, and the third patient entered in the third session of the treatment of the first patient, and the second session of the second patient. The treatment sessions were held for a month and a half, then follow-up sessions were held for two consecutive sessions with an interval of two weeks.

Participants/Inclusion and exclusion criteria

Informed consent for participating in the study, age 18 to 50 years, obtaining a standard deviation less than the average in the Alexithymia questionnaire

Intervention groups

The intervention group includes patients with psychogenic non epileptic seizures(PNES) who received 6 sessions of partner assisted emotional disclosure therapy, but the control group will not receive any intervention.

Main outcome variables

Alexithymia

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20100927004827N3**

Registration date: **2021-08-16, 1400/05/25**

Registration timing: **prospective**

Last update: **2021-08-16, 1400/05/25**

Update count: **0**

Registration date

2021-08-16, 1400/05/25

Registrant information

Name

Najmeh Hamid

Name of organization / entity

Shahid Chamran University

Country

Iran (Islamic Republic of)

Phone

+98 61 1445 1616

Email address

n.hamid@scu.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2021-09-27, 1400/07/05

Expected recruitment end date

2021-11-06, 1400/08/15

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The Effectiveness of Partner Assisted Emotional Disclosure Therapy on Alexithymia in Patients with Psychogenic Non Epileptic Seizures(PNES)

Public title

The Effectiveness of Partner Assisted Emotional Disclosure on Alexithymia

Purpose

Treatment

Inclusion/Exclusion criteria**Inclusion criteria:**

Informed consent Being married Age 18 to 50 years
Having the ability to read and write Acquiring one standard deviation below the mean in the Alexithymia questionnaire

Exclusion criteria:

Having a debilitating psychiatric illness Acute physical illness Having a known neurological condition like MS History of a head injury or stroke Drug abuse Taking drugs related to the disease

AgeFrom **18 years** old to **50 years** old**Gender**

Female

Phase

N/A

Groups that have been masked*No information***Sample size**Target sample size: **12****Randomization (investigator's opinion)**

Randomized

Randomization description

First, by using the available sampling method, based on inclusion and exclusion criteria, the sample will be selected. After that, in order to randomly divide them into experimental and control groups, the lottery method will be used, i.e. the names of the individuals will be written one by one on a piece of paper and placed inside a box, then the papers will be randomly selected. Take it out of the box and assign it to each group in turn to complete the desired sample size and form two experimental and control groups.

Blinding (investigator's opinion)

Not blinded

Blinding description**Placebo**

Not used

Assignment

Other

Other design features**Secondary Ids**

empty

Ethics committees**1****Ethics committee****Name of ethics committee**

Research Ethics Committee of Islamic Azad University - Ahvaz Branch

Street address

Kooye Golestan- College of Education and Psychology- Shahid Chamran University of Ahvaz- Ahvaz

City

Ahvaz

Province

Khouzestan

Postal code

66287654532

Approval date

2021-08-04, 1400/05/13

Ethics committee reference number

IR.IAU.AHVAZ.REC.1400.065

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

Psychogenic Non Epileptic Seizures(PNES)

ICD-10 code**ICD-10 code description****Primary outcomes****1****Description**

Alexithymia

Timepoint

three months

Method of measurement

Using a questionnaire

Secondary outcomes

empty

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

In this study, a single case experimental design with multiple asynchronous baseline will be used. The subjects of the intervention group enter the multi-baseline stage at the same time and randomly enter the treatment plan in the order of entering the baseline stage at the same time and randomly enter the baseline stage and treatment one by one at a distance of one session (one week). This treatment will include 8 to 12 sessions of 45 minutes over a six-week follow-up.

Category

Behavior

2

Description

The control group will not receive any intervention during this period.

Category

Behavior

Recruitment centers

1

Recruitment center

Name of recruitment center

Psychology clinics and neurological treatment centers in Ahvaz

Full name of responsible person

Dr. Najmeh Hamid

Street address

Kooye Golestan, College of Education and psychology, Shahid Chamran University of Ahvaz, Ahvaz

City

Ahvaz

Province

Khouzestan

Postal code

9876534634

Phone

+98 61 3445 1616

Email

n.hamid@scu.ac.ir

2

Recruitment center

Name of recruitment center

Neurosurgery Department of Ahvaz Golestan Hospital

Full name of responsible person

Dr. Najmeh Hamid

Street address

Golestan Alley - Golestan Hospital - Neurosurgery Department

City

Ahvaz

Province

Khouzestan

Postal code

4326572321

Phone

+98 61 3374 3521

Email

n.hamid@scu.ac.ir

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Shahid Chamran University of Ahvaz

Full name of responsible person

Dr. Morteza Omidian

Street address

Golestan , Central Organization , Shahid Chamran University of Ahvaz, Ahvaz

City

Ahvaz

Province

Khouzestan

Postal code

2345670984

Phone

+98 61 3333 0012

Email

morteza_omid@scu.ac.ir

Grant name

Grant code / Reference number

Is the source of funding the same sponsor organization/entity?

Yes

Title of funding source

Shahid Chamran University of Ahvaz

Proportion provided by this source

70

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

Shahid Chamran University of Ahvaz

Full name of responsible person

Dr. Najmeh Hamid

Position

Associate Professor of Clinical Psychology of Shahid Chamran University

Latest degree

Ph.D.

Other areas of specialty/work

Psychology

Street address

College of Education and Psychology, Shahid Chamran University of Ahvaz, Ahvaz

City

Ahvaz

Province

Khouzestan

Postal code

4536785431

Phone

+98 61 3445 1616

Email

n.hamid@scu.ac.ir

Person responsible for scientific inquiries

Contact

Name of organization / entity

Shahid Chamran University of Ahvaz

Full name of responsible person

Dr. Najmeh Hamid

Position

Associate Professor of Clinical Psychology

Latest degree

Ph.D.

Other areas of specialty/work

Psychology

Street address

Kooye Golestan, Shahid Chamran University of Ahvaz,
Ahvaz

City

Ahvaz

Province

Khouzestan

Postal code

9874563245

Phone

0098613330018

Email

n.hamid@scu.ac.ir

Postal code

8796542340

Phone

+98 61 3445 1616

Email

n.hamid@scu.ac.ir

Sharing plan

Deidentified Individual Participant Data Set (IPD)

Yes - There is a plan to make this available

Study Protocol

Yes - There is a plan to make this available

Statistical Analysis Plan

Yes - There is 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

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

Title and more details about the data/document

Only part of the data, such as information about the main outcome of the therapeutic intervention, is shared.

When the data will become available and for how long

The access period will start in 1399

To whom data/document is available

The data of this research will be available for researchers working in academic and scientific institutes or people who are also engaged in industry.

Under which criteria data/document could be used

Necessary conditions for sending a request for access to the data and the results and the research method of data analysis depend on the valid research centers

From where data/document is obtainable

Applicants should contact the principal of this research with the following email number to receive the required documents or results and information

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

After 2 weeks, the information required by the applicants will be sent to them via email

Comments

Person responsible for updating data

Contact

Name of organization / entity

Shahid Chamran University of Ahvaz

Full name of responsible person

Dr. Najmeh Hamid

Position

Associate Professor of Clinical Psychology

Latest degree

Ph.D.

Other areas of specialty/work

Psychology

Street address

Kooye Golestan, Shahid Chamran University of Ahvaz,
Ahvaz

City

Ahvaz

Province

Khouzestan