Clinical Trial Protocol
Iranian Registry of Clinical Trials

17 Sep 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)

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+98 61 1445 1616

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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

Age
From **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
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2

Recruitment center
Name of recruitment center
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Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Shahid Chamran University of Ahvaz
Full name of responsible person
Dr. Morteza Omidian
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Golestan , Central Organization , Shahid Chamran University of Ahvaz, Ahvaz
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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
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
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Other areas of specialty/work
Psychology
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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