

Clinical Trial Protocol

Iranian Registry of Clinical Trials

27 Jun 2026

The effect of teaching dialectical behavior group therapy techniques on reducing the symptoms of depression and post-traumatic stress, between Hospital treatment staffs that work at corona section

Protocol summary

Study aim

Evaluation of the effect of reducing the signs and symptoms of depression and post-traumatic stress disorder (PTSD) in the coronary artery by performing selected dialectical behavioral therapy techniques including emotion regulation and anxiety tolerance techniques

Design

The study is a pre-test-post-test with a control group and based on previous studies and using the sample size estimation software (G Power 3.1.9.4) the total sample size was 63. The intervention group was 32 people and the control group was 32 people. Finally, a chi-square independent t-test will be used to compare the contextual variables in the two groups.

Settings and conduct

The sampling method was randomly selected from the nurses and treatment staff of Shariati and Imam Reza hospitals in Mashhad, so that a number of supervisors of corona wards in both hospitals were randomly selected and a certain number including 4 or 5 questionnaires. Each of them is randomly distributed among the personnel under its supervision. Data will be analyzed at both descriptive and inferential levels with the help of SPSS 23 software. Descriptive level of central tendency and dispersion indices will be used to describe the distribution of variables and in inferential level multivariate analysis of covariance.

Participants/Inclusion and exclusion criteria

Only the official staff active in the center of Corona Score 45 or higher for the Beck Depression Inventory Score 35 or higher for the Post Traumatic Stress Questionnaire

Intervention groups

Perform 8 sessions of dialectical behavior therapy for the intervention group Performing 8 general psychotherapy training sessions for the control group

Main outcome variables

Evaluation of the presence of depressive disorders and post-traumatic stress in the treatment staff in Corona center and The effect of dialectical behavior therapy on reducing the symptoms of those disorders

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20200927048853N1**

Registration date: **2021-03-13, 1399/12/23**

Registration timing: **prospective**

Last update: **2021-03-13, 1399/12/23**

Update count: **0**

Registration date

2021-03-13, 1399/12/23

Registrant information

Name

Mehran Mohebi motlagh

Name of organization / entity

Universitat Rovira i Virgili

Country

Iran (Islamic Republic of)

Phone

+98 51 3622 4207

Email address

mohebbimm971@mums.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2021-04-04, 1400/01/15

Expected recruitment end date

2021-04-19, 1400/01/30

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of teaching dialectical behavior group therapy techniques on reducing the symptoms of depression and post-traumatic stress, between Hospital treatment staffs that work at corona section

Public title

The effect of dialectical psychotherapy on depression and stress Hospital treatment staffs

Purpose

Education/Guidance

Inclusion/Exclusion criteria**Inclusion criteria:**

score 45 or higher for the Beck Depression Inventory
Score 35 or higher for the Post Traumatic Stress
Questionnaire

Exclusion criteria:

Inactivity of the relevant treatment staff in Corona
Center Temporary staffs or students will not be included
in the sample group

Age

No age limit

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **64**

Randomization (investigator's opinion)

N/A

Randomization description**Blinding (investigator's opinion)**

Not blinded

Blinding description**Placebo**

Not used

Assignment

Single

Other design features**Secondary Ids**

empty

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

Ethics committee of Mashhad University of Medical
Sciences

Street address

Treatment and Medical Education, Central
Headquarters of the Ministry of Health-Iran TV Street
, Ghods Town (West), Tehran

City

Mashhad

Province

Razavi Khorasan

Postal code

9177948564

Approval date

2021-02-27, 1399/12/09

Ethics committee reference number

IR.MUMS.REC.1399.642

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

Depression disorder

ICD-10 code

F32

ICD-10 code description

Major depressive disorder, single episode

2**Description of health condition studied**

Post-traumatic stress disorder

ICD-10 code

F43.1

ICD-10 code description

Post-traumatic stress disorder (PTSD)

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

Depression score in Beck questionnaire 2

Timepoint

Before the study, after the study

Method of measurement

Beck questionnaire 2

2**Description**

Anxiety score in Post Traumatic Stress Questionnaire
(PCL 5)

Timepoint

Before the study, after the study

Method of measurement

Post Traumatic Stress Questionnaire (PCL 5)

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: Those medical staffs in the corona center of public hospitals in Mashhad that the score of both questionnaires for them is equal to or higher than the cut line score. People in the intervention group will be taught a total of 15 dialectical behavior therapy techniques by holding 60-minute group psychotherapy for 5 sessions. Relevant worksheets are collected and corrected weekly in each session so that the intervention group will be ready to present new techniques.

Category

Treatment - Other

2

Description

Control group: medical staff in the corona center of public hospitals in Mashhad

Category

Lifestyle

Recruitment centers

1

Recruitment center

Name of recruitment center

Imam Reza Hospital

Full name of responsible person

Ali Khorsand Vakilzadeh

Street address

Ebne Sina Street, Imam Reza Square , Imam Reza Hospital

City

Mashhad

Province

Razavi Khorasan

Postal code

9137913316

Phone

+98 51 3854 3031

Email

emamreza@mums.ac.ir

Web page address

<https://emamreza.mums.ac.ir/>

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Mashhad University of Medical Sciences

Full name of responsible person

Dr. Mohesn Tafaghodim, Vice Chancellor for Research of Mashhad university of medical sciences

Street address

School of Medicine, east door of the university campus, Azadi Square, Mashhad, Khorasan Razavi

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Mashhad

Province

Razavi Khorasan

Postal code

9177948564

Phone

+98 51 3800 2000

Fax

+98 51 3882 8560

Email

mds.research@mums.ac.ir

Web page address

<https://medical.mums.ac.ir/>

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Mashhad 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

Mashhad University of Medical Sciences

Full name of responsible person

Mehran Mohebi Motlagh

Position

Student

Latest degree

Master

Other areas of specialty/work

Psychology

Street address

No.5,3th Floor, Block Number.20,Isar Building, Hijab 69/1,Hijab St ,Imam Ali Blvd, Mashhad, Iran

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Postal code

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Phone

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Email

mehranmohebimotlaq@gmail.com

Person responsible for scientific

inquiries

Contact

Name of organization / entity

Mashhad University of Medical Sciences

Full name of responsible person

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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

Undecided - It is not yet known if there will be 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

Individual scores can be shared in the measured
questionnaires

**When the data will become available and for how
long**

Immediately after publishing the results, it will be
possible to access the data to generalize the protocol
and repeat it

To whom data/document is available

Researchers working in academic and scientific
institutions

Under which criteria data/document could be used

It is only possible to replace the members of the
intervention and control groups to predict the
generalizability of the results

From where data/document is obtainable

Individuals can correspond with the original author with
the following information: email :
mehranmohebimotlaq@gmail.com

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

The request must state the academic rank and
introduction of the person's university, as well as the
purpose of the request for information

Comments

Person responsible for updating data

Contact

Name of organization / entity

Mashhad University of Medical Sciences

Full name of responsible person

Mehran Mohebi motlagh

Position

Student

Latest degree

Master

Other areas of specialty/work

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