Clinical Trial Protocol
Iranian Registry of Clinical Trials

17 Sep 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 scinces

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

City
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

City
Mashhad

Province
Razavi Khorasan

Postal code
9187155943

Phone
+98 51 3622 4207

Email
mehranmohebimotlaq@gmail.com

Person responsible for scientific

inquiries

Contact

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Mashhad University of Medical Sciences

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Person responsible for updating data

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mohebbimm971@mums.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
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